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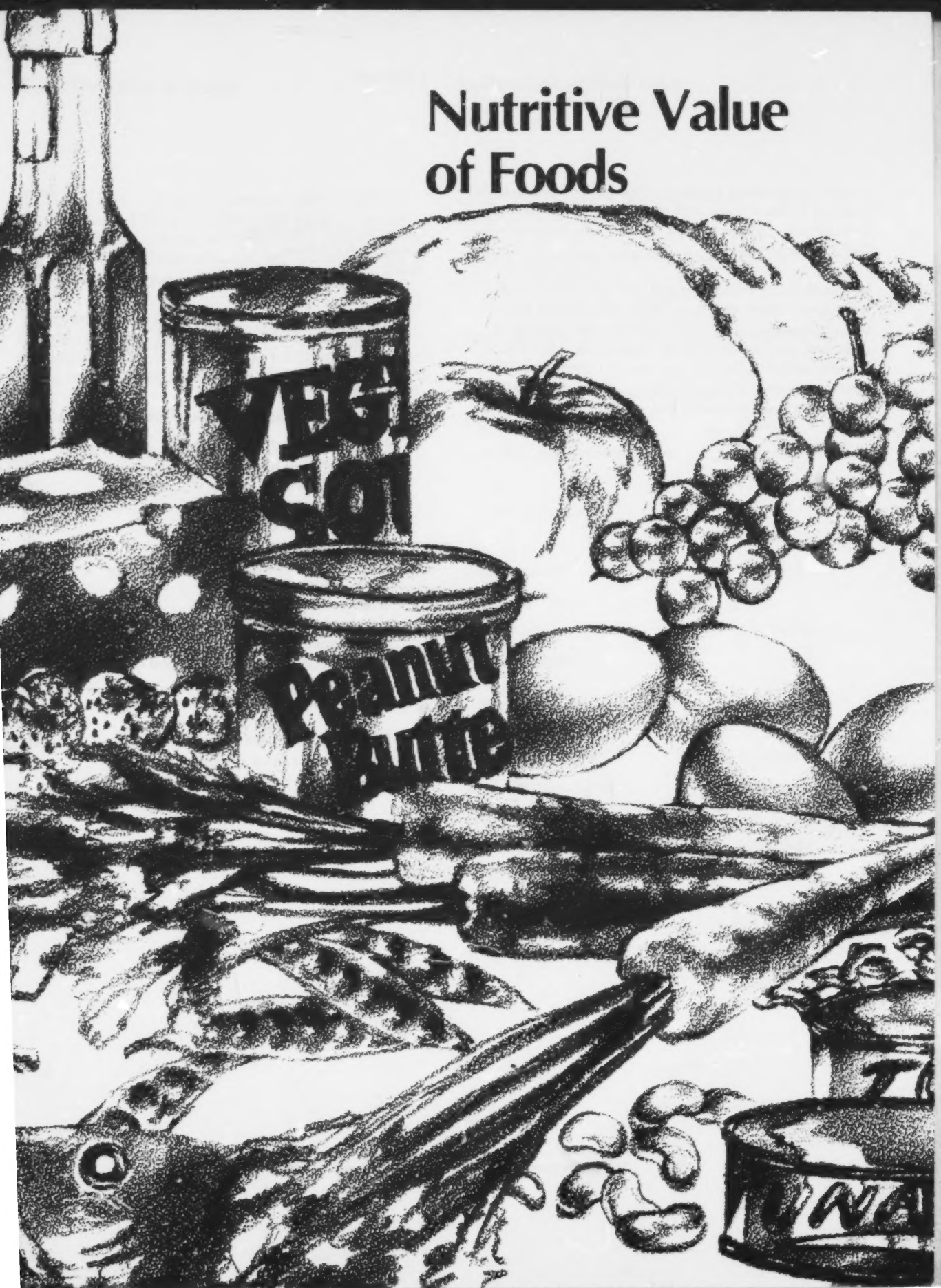
Nutritive Value of Foods



Contents

A table of nutritive values for household measures of commonly used foods makes up the greater part of this bulletin. First published in 1960, the bulletin was last revised in 1981.

In this revision, values for sodium and cholesterol have been added and total monounsaturated and polyunsaturated fatty acids are reported instead of oleic and linoleic fatty acids. Data from Agriculture Handbook No. 8, revised sections 8-1 through 8-12, have been used. Values for items not in these sections have been reviewed and updated as necessary.

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Nutritive Value of Foods

A glass of milk . . . a slice of cooked meat . . . an apple . . . a slice of bread . . . What food values does each contain? How much cooked meat will a pound of raw meat yield? How much daily protein is recommended for a healthy 14-year-old boy?

Ready answers to questions like these are helpful to homemakers who need the information to plan nutritionally adequate diets and to nutritionists, dietitians, physicians, and other consumers.

The answers will be found in the tables in this publication.

Explanation of the Tables

Some helpful volume and weight equivalents are shown in table 1.

Table 1.—Equivalents by Volume and Weight

Volume

Level measure	Equivalent
1 gallon	4 quarts
(3.786 liters; 3,786 milliliters)	
1 quart	4 cups
(0.946 liter; 946 milliliters)	2 pints
1 cup	8 fluid ounces
(237 milliliters)	1/2 pint
	16 tablespoons
2 tablespoons	1 fluid ounce
(30 milliliters)	
1 tablespoon	3 teaspoons
(15 milliliters)	

Weight

Avoirdupois weight	Equivalent
1 pound (16 ounces)	453.6 grams
1 ounce	28.35 grams
3-1/2 ounces	100 grams

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Nutritive Value of Foods (Table 2)

Table 2 shows the nutritive values of 908 common foods.

Foods listed.—Foods are grouped under the following main headings:

- Beverages
- Dairy products
- Eggs
- Fats and oils
- Fish and shellfish
- Fruits and fruit juices
- Grain products
- Legumes, nuts, and seeds
- Meat and meat products
- Mixed dishes and fast foods
- Poultry and poultry products
- Soups, sauces, and gravies
- Sugars and sweets
- Vegetables and vegetable products
- Miscellaneous items

Most of the foods listed are in ready-to-eat form. Some are basic products widely used in food preparation, such as flour, fat, and cornmeal.

The approximate measure shown for each food is in cups, ounces, pounds, some other well-known unit, or a piece of a certain size. The measures shown do not necessarily represent a serving, but the unit given may be used to calculate a variety of serving sizes. For example, values are given for 1 cup of applesauce. If a serving is 1/2 cup, divide the values by 2 or multiply by 0.5; for a 2/3 cup serving multiply values by 0.67. The cup measure refers to the standard measuring cup of 8 fluid ounces. The ounce is one-sixteenth of a pound avoirdupois, unless "fluid ounce" is indicated. The weight of a fluid ounce varies according to the food measured. If the household measure of a food is listed as 1 ounce, the nutrients are based on a weight of 28.35 grams, although only 28 grams is shown in the table. All other measures are based on the actual weight shown.

The weight in grams for an approximate measure of each food is shown. The weight applies to only the edible portion of the food, such as the banana pulp without the peel. For fruits and vegetables, whenever possible a market unit and its weight are given in the food description to indicate the weight of an item as purchased including the inedible parts that will be removed.

Food values.—Table 2 also shows values for water; food energy; protein; fat; total saturated, monounsaturated, and polyunsaturated fatty acids; cholesterol; carbohydrate; five minerals (calcium, phosphorus, iron, potassium, and sodium); and five vitamins (vitamin A, thiamin, riboflavin, niacin, and ascorbic acid or vitamin C). Water content is included because the percentage of moisture present is needed for identification and comparison of many food items. Values are in grams or milligrams except for food energy and vitamin A.

Food energy is reported in calories. The calorie is the unit of measurement of the energy furnished the body by protein, fat, and carbohydrate. Alcohol also contributes to the calorie content of alcoholic beverages. Calorie values have been rounded to the nearest 5 calories. Vitamin A is reported in two different units: International Units (IU), used in the past for expressing vitamin A activity, and Retinol Equivalents (RE), the units currently used by the Food and Nutrition Board for expressing the Recommended Daily Dietary Allowances for vitamin A. International Units are rounded to the nearest 10 IU.

Nutrient data are from revised sections 1 through 12 of Agriculture Handbook No. 8. Values for foods not in the published AH-8 sections have been reviewed and updated as necessary using information currently available in the National Nutrient Data Bank. Most differences in this bulletin from values in the published sections of AH-8 are due to rounding.

Values for food energy (calories) and nutrients shown in table 2 are the amounts present in the part of the item that is customarily eaten—corn without cob, meat without bone, peaches without skin, European-type grapes without seeds. If additional parts are eaten—the peach skin, for example—amounts of some nutrients obtained will be somewhat greater than those shown.

Thiamin, riboflavin, niacin, and iron values in enriched white flours, white bread and rolls, cornmeals, pastas, farina, and rice are based on the current enrichment levels established for those products by the Food and Drug Administration. (Enrichment levels

for riboflavin in rice have not been put into effect and are not used in table 2.) Enriched flour is used in most home-prepared and commercially prepared baked goods.

Niacin values are for preformed niacin occurring naturally in foods. The values do not include additional niacin that may be formed in the body from tryptophan, an essential amino acid in the protein of most foods. Among the better sources of tryptophan are milk, meats, eggs, legumes, and nuts.

Values for many prepared items have been calculated from the ingredients in typical recipes. Examples are biscuits, corn muffins, macaroni and cheese, custard, and many dessert-type items. Adjustments were made for nutrient losses during cooking.

Values for toast and cooked vegetables are without fat added, either during preparation or at the table. Values for cooked vegetables, dry beans, pasta, noodles, rice, meat, poultry, and fish are without salt added. Cutting or shredding vegetables may destroy a portion of some vitamins, especially ascorbic acid. Since such losses are variable, no deduction has been made.

The mineral contribution of water was not considered for coffee, tea, soups, sauces, or concentrated fruit juices prepared with water. Sweetened items contain sugar unless identified as artifically sweetened.

Several manufactured items—including some milk products, ready-to-eat breakfast cereals, imitation cream products, fruit drinks, and various mixes—are included in table 2. Such foods may be fortified with one or more nutrients; the label will describe any fortification. Values shown here for these foods may be based on products from several manufacturers and, therefore, may differ somewhat from the values provided by any one source.

For meat, values describe it after it has been cooked and drained of the drippings. For many cuts, two sets of values are shown: meat including lean and fat parts, and lean meat from which the fat has been removed either before or after cooking.

Yield of Cooked Meat (Table 3)

Meat undergoes certain losses from the time it is purchased to the time it is eaten. Among these are losses during cooking from evaporation of moisture, loss of fat in the drippings, and removal of parts such as bone, gristle, and fat before or after cooking.

Table 3 shows, for several retail cuts, the yield of cooked meat from 1 pound of raw meat. Yield is given as ounces of:

Cooked meat with bone and fat

Cooked lean and fat

Cooked lean only

Among the factors influencing the yield of meat is the proportion of fat and lean. Many cuts have an outside layer of fat extending all or part way around. The thickness of this fat layer varies depending on the cutting and trimming practices in the market. The information on yield in table 3 and on nutritive value in table 2 applies to retail cuts trimmed according to typical market practices. Deposits of fat within a cut (marbling) may be extensive. They usually are not affected by retail trimming but may be discarded at the table.

Recommended Daily Dietary Allowances (Table 4)

Table 4 shows Recommended Daily Dietary Allowances (RDA) for calories and for several nutrients essential for maintenance of good nutrition in healthy, normally active persons. This table is adapted from a more extensive table published by the Food and Nutrition Board of the National Academy of Sciences, National Research Council, in 1980.

Nutrients not shown in tables 2 and 4 but for which the Food and Nutrition Board published RDA in 1980 are vitamin B_6, vitamin B_{12}, folacin, vitamin D, vitamin E, magnesium, iodine, and zinc. More detailed information about RDA's may be obtained from the publication from which table 4 is adapted.

Food Sources of Additional Nutrients (Table 5)

Table 5 lists foods that are of special value in supplying the eight nutrients not shown in tables 2 and 4 Foods are considered to be of special value as a source of a nutrient if a serving of the food is relatively high in the nutrient.

The RDA for one nutrient shown in tables 2 and 4 is notably difficult to achieve by some individuals. Iron allowances are not met in diets for many preschool-age children and females of childbearing age. Choosing foods rich in iron—lean meats, shellfish, liver, heart, kidney, dry beans and peas, dark-green vegetables, dried fruit, and cereals with added iron—can help in meeting iron allowances. Iron supplements, in addition to a varied diet, are recommended for pregnant and lactating women.

Further Information

Fat That Provides 30 and 35 Percent of Calories (Table 6)

Several scientific groups suggest that Americans moderate the amount of fat in their diets. Some recommend that fat be limited to amounts that will provide no more than 30 to 35 percent of calories. Table 6 shows the amount of fat that provides 30 and 35 percent of calories for diets of several total daily calorie intakes. For example, a woman wishing to moderate her fat intake to 35 percent of her 2,000-calorie diet should select foods that total no more than 78 grams of fat per day. She can estimate the grams of fat in the foods she eats from table 2.

A number of other publications of the Human Nutrition Information Service, U.S. Department of Agriculture, give helpful information about nutrients and which foods they are found in.

Agriculture Handbook No. 8, "Composition of Foods . . . Raw, Processed, Prepared," is a more technical publication with data for a much more extensive list of foods. It is being revised in sections. The revised sections now available are:

No. 8-1 Dairy and Egg Products
8-2 Spices and Herbs
8-3 Baby Foods
8-4 Fats and Oils
8-5 Poultry Products
8-6 Soups, Sauces, and Gravies
8-7 Sausages and Luncheon Meats
8-8 Breakfast Cereals
8-9 Fruits and Fruit Juices
8-10 Pork Products
8-11 Vegetables and Vegetable Products
8-12 Nut and Seed Products

Other publications containing information on a specific nutrient are "The Sodium Content of Your Food," Home and Garden Bulletin No. 233, and "Calories and Weight," Agriculture Information Bulletin No. 364. Additional information on evaluating and planning diets is available from "The Hassle Free Guide to a Better Diet," L-567, and "Nutrition and Your Health: Dietary Guidelines for Americans," Home and Garden Bulletin No. 232.

These publications may be purchased from the Superintendent of Documents, U.S. Government Printing Office, Washington, DC 20401, or any U.S. Government Printing Office bookstore.

Table 2. Nutritive Value of the Edible Part of Food

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Beverages		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Alcoholic:									
	Beer:									
1	Regular	12 fl oz	360	92	150	1	0	0.0	0.0	0.0
2	Light	12 fl oz	355	95	95	1	0	0.0	0.0	0.0
	Gin, rum, vodka, whiskey:									
3	80-proof	1-1/2 fl oz	42	67	95	0	0	0.0	0.0	0.0
4	86-proof	1-1/2 fl oz	42	64	105	0	0	0.0	0.0	0.0
5	90-proof	1-1/2 fl oz	42	62	110	0	0	0.0	0.0	0.0
	Wines:									
6	Dessert	3-1/2 fl oz	103	77	140	Tr	0	0.0	0.0	0.0
	Table:									
7	Red	3-1/2 fl oz	102	88	75	Tr	0	0.0	0.0	0.0
8	White	3-1/2 fl oz	102	87	80	Tr	0	0.0	0.0	0.0
	Carbonated:[2]									
9	Club soda	12 fl oz	355	100	0	0	0	0.0	0.0	0.0
	Cola type:									
10	Regular	12 fl oz	369	89	160	0	0	0.0	0.0	0.0
11	Diet, artificially sweetened	12 fl oz	355	100	Tr	0	0	0.0	0.0	0.0
12	Ginger ale	12 fl oz	366	91	125	0	0	0.0	0.0	0.0
13	Grape	12 fl oz	372	88	180	0	0	0.0	0.0	0.0
14	Lemon-lime	12 fl oz	372	89	155	0	0	0.0	0.0	0.0
15	Orange	12 fl oz	372	88	180	0	0	0.0	0.0	0.0
16	Pepper type	12 fl oz	369	89	160	0	0	0.0	0.0	0.0
17	Root beer	12 fl oz	370	89	165	0	0	0.0	0.0	0.0
	Cocoa and chocolate-flavored beverages. See Dairy Products (items 95-98).									
	Coffee:									
18	Brewed	6 fl oz	180	100	Tr	Tr	Tr	Tr	Tr	Tr
19	Instant, prepared (2 tsp powder plus 6 fl oz water)	6 fl oz	182	99	Tr	Tr	Tr	Tr	Tr	Tr
	Fruit drinks, noncarbonated:									
	Canned:									
20	Fruit punch drink	6 fl oz	190	88	85	Tr	0	0.0	0.0	0.0
21	Grape drink	6 fl oz	187	86	100	Tr	0	0.0	0.0	0.0
22	Pineapple-grapefruit juice drink	6 fl oz	187	87	90	Tr	Tr	Tr	Tr	Tr
	Frozen:									
	Lemonade concentrate:									
23	Undiluted	6-fl-oz can	219	49	425	Tr	Tr	Tr	Tr	Tr
24	Diluted with 4-1/3 parts water by volume	6 fl oz	185	89	80	Tr	Tr	Tr	Tr	Tr
	Limeade concentrate:									
25	Undiluted	6-fl-oz can	218	50	410	Tr	Tr	Tr	Tr	Tr
26	Diluted with 4-1/3 parts water by volume	6 fl oz	185	89	75	Tr	Tr	Tr	Tr	Tr
	Fruit juices. See type under Fruits and Fruit Juices.									
	Milk beverages. See Dairy Products (items 92-105).									
	Tea:									
27	Brewed	8 fl oz	240	100	Tr	Tr	Tr	Tr	Tr	Tr
	Instant, powder, prepared:									
28	Unsweetened (1 tsp powder plus 8 fl oz water)	8 fl oz	241	100	Tr	Tr	Tr	Tr	Tr	Tr
29	Sweetened (3 tsp powder plus 8 fl oz water)	8 fl oz	262	91	85	Tr	Tr	Tr	Tr	Tr

[1]Value not determined.
[2]Mineral content varies depending on water source.

Nutrients in indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	13	14	50	0.1	115	18	0	0	0.02	0.09	1.8	0	1
0	5	14	43	0.1	64	11	0	0	0.03	0.11	1.4	0	2
0	Tr	Tr	Tr	Tr	1	Tr	0	0	Tr	Tr	Tr	0	3
0	Tr	Tr	Tr	Tr	1	Tr	0	0	Tr	Tr	Tr	0	4
0	Tr	Tr	Tr	Tr	1	Tr	0	0	Tr	Tr	Tr	0	5
0	8	8	9	0.2	95	9	([1])	([1])	0.01	0.02	0.2	0	6
0	3	8	18	0.4	113	5	([1])	([1])	0.00	0.03	0.1	0	7
0	3	9	14	0.3	83	5	([1])	([1])	0.00	0.01	0.1	0	8
0	0	18	0	Tr	0	78	0	0	0.00	0.00	0.0	0	9
0	41	11	52	0.2	7	18	0	0	0.00	0.00	0.0	0	10
0	Tr	14	39	0.2	7	[3]32	0	0	0.00	0.00	0.0	0	11
0	32	11	0	0.1	4	29	0	0	0.00	0.00	0.0	0	12
0	46	15	0	0.4	4	48	0	0	0.00	0.00	0.0	0	13
0	39	7	0	0.4	4	33	0	0	0.00	0.00	0.0	0	14
0	46	15	4	0.3	7	52	0	0	0.00	0.00	0.0	0	15
0	41	11	41	0.1	4	37	0	0	0.00	0.00	0.0	0	16
0	42	15	0	0.2	4	48	0	0	0.00	0.00	0.0	0	17
0	Tr	4	2	Tr	124	2	0	0	0.00	0.02	0.4	0	18
0	1	2	6	0.1	71	Tr	0	0	0.00	0.03	0.6	0	19
0	22	15	2	0.4	48	15	20	2	0.03	0.04	Tr	[4]61	20
0	26	2	2	0.3	9	11	Tr	Tr	0.01	0.01	Tr	[4]64	21
0	23	13	7	0.9	97	24	60	6	0.06	0.04	0.5	[4]110	22
0	112	9	13	0.4	153	4	40	4	0.04	0.07	0.7	66	23
0	21	2	2	0.1	30	1	10	1	0.01	0.02	0.2	13	24
0	108	11	13	0.2	129	Tr	Tr	Tr	0.02	0.02	0.2	26	25
0	20	2	2	Tr	24	Tr	Tr	Tr	Tr	Tr	Tr	4	26
0	Tr	0	2	Tr	36	1	0	0	0.00	0.03	Tr	0	27
0	1	1	4	Tr	61	1	0	0	0.00	0.02	0.1	0	28
0	22	1	3	Tr	49	Tr	0	0	0.00	0.04	0.1	0	29

[3]Blend of aspartame and saccharin; if only sodium saccharin is used, sodium is 75 mg; if only aspartame is used, sodium is 23 mg.

[4]With added ascorbic acid.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Dairy Products		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Butter. See Fats and Oils (items 128-130).									
	Cheese:									
	Natural:									
30	Blue	1 oz	28	42	100	6	8	5.3	2.2	0.2
31	Camembert (3 wedges per 4-oz container)	1 wedge	38	52	115	8	9	5.8	2.7	0.3
	Cheddar:									
32	Cut pieces	1 oz	28	37	115	7	9	6.0	2.7	0.3
33		1 in³	17	37	70	4	6	3.6	1.6	0.2
34	Shredded	1 cup	113	37	455	28	37	23.8	10.6	1.1
	Cottage (curd not pressed down):									
	Creamed (cottage cheese, 4% fat):									
35	Large curd	1 cup	225	79	235	28	10	6.4	2.9	0.3
36	Small curd	1 cup	210	79	215	26	9	6.0	2.7	0.3
37	With fruit	1 cup	226	72	280	22	8	4.9	2.2	0.2
38	Lowfat (2%)	1 cup	226	79	205	31	4	2.8	1.2	0.1
39	Uncreamed (cottage cheese dry curd, less than 1/2% fat)	1 cup	145	80	125	25	1	0.4	0.2	Tr
40	Cream	1 oz	28	54	100	2	10	6.2	2.8	0.4
41	Feta	1 oz	28	55	75	4	6	4.2	1.3	0.2
	Mozzarella, made with:									
42	Whole milk	1 oz	28	54	80	6	6	3.7	1.9	0.2
43	Part skim milk (low moisture)	1 oz	28	49	80	8	5	3.1	1.4	0.1
44	Muenster	1 oz	28	42	105	7	9	5.4	2.5	0.2
	Parmesan, grated:									
45	Cup, not pressed down	1 cup	100	18	455	42	30	19.1	8.7	0.7
46	Tablespoon	1 tbsp	5	18	25	2	2	1.0	0.4	Tr
47	Ounce	1 oz	28	18	130	12	9	5.4	2.5	0.2
48	Provolone	1 oz	28	41	100	7	8	4.8	2.1	0.2
	Ricotta, made with:									
49	Whole milk	1 cup	246	72	430	28	32	20.4	8.9	0.9
50	Part skim milk	1 cup	246	74	340	28	19	12.1	5.7	0.6
51	Swiss	1 oz	28	37	105	8	8	5.0	2.1	0.3
	Pasteurized process cheese:									
52	American	1 oz	28	39	105	6	9	5.6	2.5	0.3
53	Swiss	1 oz	28	42	95	7	7	4.5	2.0	0.2
54	Pasteurized process cheese food, American	1 oz	28	43	95	6	7	4.4	2.0	0.2
55	Pasteurized process cheese spread, American	1 oz	28	48	80	5	6	3.8	1.8	0.2
	Cream, sweet:									
56	Half-and-half (cream and milk)	1 cup	242	81	315	7	28	17.3	8.0	1.0
57		1 tbsp	15	81	20	Tr	2	1.1	0.5	0.1
58	Light, coffee, or table	1 cup	240	74	470	6	46	28.8	13.4	1.7
59		1 tbsp	15	74	30	Tr	3	1.8	0.8	0.1
	Whipping, unwhipped (volume about double when whipped):									
60	Light	1 cup	239	64	700	5	74	46.2	21.7	2.1
61		1 tbsp	15	64	45	Tr	5	2.9	1.4	0.1
62	Heavy	1 cup	238	58	820	5	88	54.8	25.4	3.3
63		1 tbsp	15	58	50	Tr	6	3.5	1.6	0.2
64	Whipped topping, (pressurized)	1 cup	60	61	155	2	13	8.3	3.9	0.5
65		1 tbsp	3	61	10	Tr	1	0.4	0.2	Tr
66	Cream, sour	1 cup	230	71	495	7	48	30.0	13.9	1.8
67		1 tbsp	12	71	25	Tr	3	1.6	0.7	0.1

Nutrients in indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
2	1	150	110	0.1	73	396	200	65	0.01	0.11	0.3	0	30
27	Tr	147	132	0.1	71	320	350	96	0.01	0.19	0.2	0	31
30	Tr	204	145	0.2	28	176	300	86	0.01	0.11	Tr	0	32
18	Tr	123	87	0.1	17	105	180	52	Tr	0.06	Tr	0	33
119	1	815	579	0.8	111	701	1,200	342	0.03	0.42	0.1	0	34
34	6	135	297	0.3	190	911	370	108	0.05	0.37	0.3	Tr	35
31	6	126	277	0.3	177	850	340	101	0.04	0.34	0.3	Tr	36
25	30	108	236	0.2	151	915	280	81	0.04	0.29	0.2	Tr	37
19	8	155	340	0.4	217	918	160	45	0.05	0.42	0.3	Tr	38
10	3	46	151	0.3	47	19	40	12	0.04	0.21	0.2	0	39
31	1	23	30	0.3	34	84	400	124	Tr	0.06	Tr	0	40
25	1	140	96	0.2	18	316	130	36	0.04	0.24	0.3	0	41
22	1	147	105	0.1	19	106	220	68	Tr	0.07	Tr	0	42
15	1	207	149	0.1	27	150	180	54	0.01	0.10	Tr	0	43
27	Tr	203	133	0.1	38	178	320	90	Tr	0.09	Tr	0	44
79	4	1,376	807	1.0	107	1,861	700	173	0.05	0.39	0.3	0	45
4	Tr	69	40	Tr	5	93	40	9	Tr	0.02	Tr	0	46
22	1	390	229	0.3	30	528	200	49	0.01	0.11	0.1	0	47
20	1	214	141	0.1	39	248	230	75	0.01	0.09	Tr	0	48
124	7	509	389	0.9	257	207	1,210	330	0.03	0.48	0.3	0	49
76	13	669	449	1.1	307	307	1,060	278	0.05	0.46	0.2	0	50
26	1	272	171	Tr	31	74	240	72	0.01	0.10	Tr	0	51
27	Tr	174	211	0.1	46	406	340	82	0.01	0.10	Tr	0	52
24	1	219	216	0.2	61	388	230	65	Tr	0.08	Tr	0	53
18	2	163	130	0.2	79	337	260	62	0.01	0.13	Tr	0	54
16	2	159	202	0.1	69	381	220	54	0.01	0.12	Tr	0	55
89	10	254	230	0.2	314	98	1,050	259	0.08	0.36	0.2	2	56
6	1	16	14	Tr	19	6	70	16	0.01	0.02	Tr	Tr	57
159	9	231	192	0.1	292	95	1,730	437	0.08	0.36	0.1	2	58
10	1	14	12	Tr	18	6	110	27	Tr	0.02	Tr	Tr	59
265	7	166	146	0.1	231	82	2,690	705	0.06	0.30	0.1	1	60
17	Tr	10	9	Tr	15	5	170	44	Tr	0.02	Tr	Tr	61
326	7	154	149	0.1	179	89	3,500	1,002	0.05	0.26	0.1	1	62
21	Tr	10	9	Tr	11	6	220	63	Tr	0.02	Tr	Tr	63
46	7	61	54	Tr	88	78	550	124	0.02	0.04	Tr	0	64
2	Tr	3	3	Tr	4	4	30	6	Tr	Tr	Tr	0	65
102	10	268	195	0.1	331	123	1,820	448	0.08	0.34	0.2	2	66
5	1	14	10	Tr	17	6	90	23	Tr	0.02	Tr	Tr	67

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Dairy Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Cream products, imitation (made with vegetable fat):									
	Sweet:									
	Creamers:									
68	Liquid (frozen)	1 tbsp	15	77	20	Tr	1	1.4	Tr	Tr
69	Powdered	1 tsp	2	2	10	Tr	1	0.7	Tr	Tr
	Whipped topping:									
70	Frozen	1 cup	75	50	240	1	19	16.3	1.2	0.4
71		1 tbsp	4	50	15	Tr	1	0.9	0.1	Tr
	Powdered, made with whole									
72	milk	1 cup	80	67	150	3	10	8.5	0.7	0.2
73		1 tbsp	4	67	10	Tr	Tr	0.4	Tr	Tr
74	Pressurized	1 cup	70	60	185	1	16	13.2	1.3	0.2
75		1 tbsp	4	60	10	Tr	1	0.8	0.1	Tr
76	Sour dressing (filled cream type product, nonbutterfat)	1 cup	235	75	415	8	39	31.2	4.6	1.1
77		1 tbsp	12	75	20	Tr	2	1.6	0.2	0.1
	Ice cream. See Milk desserts, frozen (items 106-111).									
	Ice milk. See Milk desserts, frozen (items 112-114).									
	Milk:									
	Fluid:									
78	Whole (3.3% fat)	1 cup	244	88	150	8	8	5.1	2.4	0.3
	Lowfat (2%):									
79	No milk solids added	1 cup	244	89	120	8	5	2.9	1.4	0.2
80	Milk solids added, label claim less than 10 g of protein per cup	1 cup	245	89	125	9	5	2.9	1.4	0.2
	Lowfat (1%):									
81	No milk solids added	1 cup	244	90	100	8	3	1.6	0.7	0.1
82	Milk solids added, label claim less than 10 g of protein per cup	1 cup	245	90	105	9	2	1.5	0.7	0.1
	Nonfat (skim):									
83	No milk solids added	1 cup	245	91	85	8	Tr	0.3	0.1	Tr
84	Milk solids added, label claim less than 10 g of protein per cup	1 cup	245	90	90	9	1	0.4	0.2	Tr
85	Buttermilk	1 cup	245	90	100	8	2	1.3	0.6	0.1
	Canned:									
86	Condensed, sweetened	1 cup	306	27	980	24	27	16.8	7.4	1.0
	Evaporated:									
87	Whole milk	1 cup	252	74	340	17	19	11.6	5.9	0.6
88	Skim milk	1 cup	255	79	200	19	1	0.3	0.2	Tr
	Dried:									
89	Buttermilk	1 cup	120	3	465	41	7	4.3	2.0	0.3
	Nonfat, instantized:									
90	Envelope, 3.2 oz, net wt.[6]	1 envelope	91	4	325	32	1	0.4	0.2	Tr
91	Cup	1 cup	68	4	245	24	Tr	0.3	0.1	Tr
	Milk beverages:									
	Chocolate milk (commercial):									
92	Regular	1 cup	250	82	210	8	8	5.3	2.5	0.3
93	Lowfat (2%)	1 cup	250	84	180	8	5	3.1	1.5	0.2
94	Lowfat (1%)	1 cup	250	85	160	8	3	1.5	0.8	0.1

[5]Vitamin A value is largely from beta-carotene used for coloring.
[6]Yields 1 qt of fluid milk when reconstituted according to package directions.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	2	1	10	Tr	29	12	[5]10	[5]1	0.00	0.00	0.0	0	68
0	1	Tr	8	Tr	16	4	Tr	Tr	0.00	Tr	0.0	0	69
0	17	5	6	0.1	14	19	[5]650	[5]65	0.00	0.00	0.0	0	70
0	1	Tr	Tr	Tr	1	1	[5]30	[5]3	0.00	0.00	0.0	0	71
8	13	72	69	Tr	121	53	[5]290	[5]39	0.02	0.09	Tr	1	72
Tr	1	4	3	Tr	6	3	[5]10	[5]2	Tr	Tr	Tr	Tr	73
0	11	4	13	Tr	13	43	[5]330	[5]33	0.00	0.00	0.0	0	74
0	1	Tr	1	Tr	1	2	[5]20	[5]2	0.00	0.00	0.0	0	75
13	11	266	205	0.1	380	113	20	5	0.09	0.38	0.2	2	76
1	1	14	10	Tr	19	6	Tr	Tr	Tr	0.02	Tr	Tr	77
33	11	291	228	0.1	370	120	310	76	0.09	0.40	0.2	2	78
18	12	297	232	0.1	377	122	500	139	0.10	0.40	0.2	2	79
18	12	313	245	0.1	397	128	500	140	0.10	0.42	0.2	2	80
10	12	300	235	0.1	381	123	500	144	0.10	0.41	0.2	2	81
10	12	313	245	0.1	397	128	500	145	0.10	0.42	0.2	2	82
4	12	302	247	0.1	406	126	500	149	0.09	0.34	0.2	2	83
5	12	316	255	0.1	418	130	500	149	0.10	0.43	0.2	2	84
9	12	285	219	0.1	371	257	80	20	0.08	0.38	0.1	2	85
104	166	868	775	0.6	1,136	389	1,000	248	0.28	1.27	0.6	8	86
74	25	657	510	0.5	764	267	610	136	0.12	0.80	0.5	5	87
9	29	738	497	0.7	845	293	1,000	298	0.11	0.79	0.4	3	88
83	59	1,421	1,119	0.4	1,910	621	260	65	0.47	1.89	1.1	7	89
17	47	1,120	896	0.3	1,552	499	[7]2,160	[7]646	0.38	1.59	0.8	5	90
12	35	837	670	0.2	1,160	373	[7]1,610	[7]483	0.28	1.19	0.6	4	91
31	26	280	251	0.6	417	149	300	73	0.09	0.41	0.3	2	92
17	26	284	254	0.6	422	151	500	143	0.09	0.41	0.3	2	93
7	26	287	256	0.6	425	152	500	148	0.10	0.42	0.3	2	94

[7]With added vitamin A.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Dairy Products—Con.	Grams		Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Milk beverages:									
	Cocoa and chocolate-flavored beverages:									
95	Powder containing nonfat dry milk	1 oz	28	1	100	3	1	0.6	0.3	Tr
96	Prepared (6 oz water plus 1 oz powder)	1 serving	206	86	100	3	1	0.6	0.3	Tr
97	Powder without nonfat dry milk	3/4 oz	21	1	75	1	1	0.3	0.2	Tr
98	Prepared (8 oz whole milk plus 3/4 oz powder)	1 serving	265	81	225	9	9	5.4	2.5	0.3
99	Eggnog (commercial)	1 cup	254	74	340	10	19	11.3	5.7	0.9
	Malted milk:									
	Chocolate:									
100	Powder	3/4 oz	21	2	85	1	1	0.5	0.3	0.1
101	Prepared (8 oz whole milk plus 3/4 oz powder)	1 serving	265	81	235	9	9	5.5	2.7	0.4
	Natural:									
102	Powder	3/4 oz	21	3	85	3	2	0.9	0.5	0.3
103	Prepared (8 oz whole milk plus 3/4 oz powder)	1 serving	265	81	235	11	10	6.0	2.9	0.6
	Shakes, thick:									
104	Chocolate	10-oz container	283	72	335	9	8	4.8	2.2	0.3
105	Vanilla	10-oz container	283	74	315	11	9	5.3	2.5	0.3
	Milk desserts, frozen:									
	Ice cream, vanilla:									
	Regular (about 11% fat):									
106	Hardened	1/2 gal	1,064	61	2,155	38	115	71.3	33.1	4.3
107		1 cup	133	61	270	5	14	8.9	4.1	0.5
108		3 fl oz	50	61	100	2	5	3.4	1.6	0.2
109	Soft serve (frozen custard)	1 cup	173	60	375	7	23	13.5	6.7	1.0
110	Rich (about 16% fat), hardened	1/2 gal	1,188	59	2,805	33	190	118.3	54.9	7.1
111		1 cup	148	59	350	4	24	14.7	6.8	0.9
	Ice milk, vanilla:									
112	Hardened (about 4% fat)	1/2 gal	1,048	69	1,470	41	45	28.1	13.0	1.7
113		1 cup	131	69	185	5	6	3.5	1.6	0.2
114	Soft serve (about 3% fat)	1 cup	175	70	225	8	5	2.9	1.3	0.2
115	Sherbet (about 2% fat)	1/2 gal	1,542	66	2,160	17	31	19.0	8.8	1.1
116		1 cup	193	66	270	2	4	2.4	1.1	0.1
	Yogurt:									
	With added milk solids:									
	Made with lowfat milk:									
117	Fruit-flavored[a]	8-oz container	227	74	230	10	2	1.6	0.7	0.1
118	Plain	8-oz container	227	85	145	12	4	2.3	1.0	0.1
119	Made with nonfat milk	8-oz container	227	85	125	13	Tr	0.3	0.1	Tr
	Without added milk solids:									
120	Made with whole milk	8-oz container	227	88	140	8	7	4.8	2.0	0.2
	Eggs									
	Eggs, large (24 oz per dozen):									
	Raw:									
121	Whole, without shell	1 egg	50	75	80	6	6	1.7	2.2	0.7
122	White	1 white	33	88	15	3	Tr	0.0	0.0	0.0
123	Yolk	1 yolk	17	49	65	3	6	1.7	2.2	0.7
	Cooked:									
124	Fried in butter	1 egg	46	68	95	6	7	2.7	2.7	0.8
125	Hard-cooked, shell removed	1 egg	50	75	80	6	6	1.7	2.2	0.7
126	Poached	1 egg	50	74	80	6	6	1.7	2.2	0.7
127	Scrambled (milk added) in butter. Also omelet	1 egg	64	73	110	7	8	3.2	2.9	0.8

[a]Carbohydrate content varies widely because of amount of sugar added and amount and solids content of added flavoring. Consult the label if more precise values for carbohydrate and calories are needed.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
1	22	90	88	0.3	223	139	Tr	Tr	0.03	0.17	0.2	Tr	95
1	22	90	88	0.3	223	139	Tr	Tr	0.03	0.17	0.2	Tr	96
0	19	7	26	0.7	136	56	Tr	Tr	Tr	0.03	0.1	Tr	97
33	30	298	254	0.9	508	176	310	76	0.10	0.43	0.3	3	98
149	34	330	278	0.5	420	138	890	203	0.09	0.48	0.3	4	99
1	18	13	37	0.4	130	49	20	5	0.04	0.04	0.4	0	100
34	29	304	265	0.5	500	168	330	80	0.14	0.43	0.7	2	101
4	15	56	79	0.2	159	96	70	17	0.11	0.14	1.1	0	102
37	27	347	307	0.3	529	215	380	93	0.20	0.54	1.3	2	103
30	60	374	357	0.9	634	314	240	59	0.13	0.63	0.4	0	104
33	50	413	326	0.3	517	270	320	79	0.08	0.55	0.4	0	105
476	254	1,406	1,075	1.0	2,052	929	4,340	1,064	0.42	2.63	1.1	6	106
59	32	176	134	0.1	257	116	540	133	0.05	0.33	0.1	1	107
22	12	66	51	Tr	96	44	200	50	0.02	0.12	0.1	Tr	108
153	38	236	199	0.4	338	153	790	199	0.08	0.45	0.2	1	109
703	256	1,213	927	0.8	1,771	868	7,200	1,758	0.36	2.27	0.9	5	110
88	32	151	115	0.1	221	108	900	219	0.04	0.28	0.1	1	111
146	232	1,409	1,035	1.5	2,117	836	1,710	419	0.61	2.78	0.9	6	112
18	29	176	129	0.2	265	105	210	52	0.08	0.35	0.1	1	113
13	38	274	202	0.3	412	163	175	44	0.12	0.54	0.2	1	114
113	469	827	594	2.5	1,585	706	1,480	308	0.26	0.71	1.0	31	115
14	59	103	74	0.3	198	88	190	39	0.03	0.09	0.1	4	116
10	43	345	271	0.2	442	133	100	25	0.08	0.40	0.2	1	117
14	16	415	326	0.2	531	159	150	36	0.10	0.49	0.3	2	118
4	17	452	355	0.2	579	174	20	5	0.11	0.53	0.3	2	119
29	11	274	215	0.1	351	105	280	68	0.07	0.32	0.2	1	120
274	1	28	90	1.0	65	69	260	78	0.04	0.15	Tr	0	121
0	Tr	4	4	Tr	45	50	0	0	Tr	0.09	Tr	0	122
272	Tr	26	86	0.9	15	8	310	94	0.04	0.07	Tr	0	123
278	1	29	91	1.1	66	162	320	94	0.04	0.14	Tr	0	124
274	1	28	90	1.0	65	69	260	78	0.04	0.14	Tr	0	125
273	1	28	90	1.0	65	146	260	78	0.03	0.13	Tr	0	126
282	2	54	109	1.0	97	176	350	102	0.04	0.18	Tr	Tr	127

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Fats and Oils		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Butter (4 sticks per lb):									
128	Stick	1/2 cup	113	16	810	1	92	57.1	26.4	3.4
129	Tablespoon (1/8 stick)	1 tbsp	14	16	100	Tr	11	7.1	3.3	0.4
130	Pat (1 in square, 1/3 in high; 90 per lb)	1 pat	5	16	35	Tr	4	2.5	1.2	0.2
131	Fats, cooking (vegetable shortenings)	1 cup	205	0	1,810	0	205	51.3	91.2	53.5
132		1 tbsp	13	0	115	0	13	3.3	5.8	3.4
133	Lard	1 cup	205	0	1,850	0	205	80.4	92.5	23.0
134		1 tbsp	13	0	115	0	13	5.1	5.9	1.5
	Margarine:									
135	Imitation (about 40% fat), soft	8-oz container	227	58	785	1	88	17.5	35.6	31.3
136		1 tbsp	14	58	50	Tr	5	1.1	2.2	1.9
	Regular (about 80% fat):									
	Hard (4 sticks per lb):									
137	Stick	1/2 cup	113	16	810	1	91	17.9	40.5	28.7
138	Tablespoon (1/8 stick)	1 tbsp	14	16	100	Tr	11	2.2	5.0	3.6
139	Pat (1 in square, 1/3 in high; 90 per lb)	1 pat	5	16	35	Tr	4	0.8	1.8	1.3
140	Soft	8-oz container	227	16	1,625	2	183	31.3	64.7	78.5
141		1 tbsp	14	16	100	Tr	11	1.9	4.0	4.8
	Spread (about 60% fat):									
	Hard (4 sticks per lb):									
142	Stick	1/2 cup	113	37	610	1	69	15.9	29.4	20.5
143	Tablespoon (1/8 stick)	1 tbsp	14	37	75	Tr	9	2.0	3.6	2.5
144	Pat (1 in square, 1/3 in high; 90 per lb)	1 pat	5	37	25	Tr	3	0.7	1.3	0.9
145	Soft	8-oz container	227	37	1,225	1	138	29.1	71.5	31.3
146		1 tbsp	14	37	75	Tr	9	1.8	4.4	1.9
	Oils, salad or cooking:									
147	Corn	1 cup	218	0	1,925	0	218	27.7	52.8	128.0
148		1 tbsp	14	0	125	0	14	1.8	3.4	8.2
149	Olive	1 cup	216	0	1,910	0	216	29.2	159.2	18.1
150		1 tbsp	14	0	125	0	14	1.9	10.3	1.2
151	Peanut	1 cup	216	0	1,910	0	216	36.5	99.8	69.1
152		1 tbsp	14	0	125	0	14	2.4	6.5	4.5
153	Safflower	1 cup	218	0	1,925	0	218	19.8	26.4	162.4
154		1 tbsp	14	0	125	0	14	1.3	1.7	10.4
155	Soybean oil, hydrogenated (partially hardened)	1 cup	218	0	1,925	0	218	32.5	93.7	82.0
156		1 tbsp	14	0	125	0	14	2.1	6.0	5.3
157	Soybean-cottonseed oil blend, hydrogenated	1 cup	218	0	1,925	0	218	39.2	64.3	104.9
158		1 tbsp	14	0	125	0	14	2.5	4.1	6.7
159	Sunflower	1 cup	218	0	1,925	0	218	22.5	42.5	143.2
160		1 tbsp	14	0	125	0	14	1.4	2.7	9.2
	Salad dressings:									
	Commercial:									
161	Blue cheese	1 tbsp	15	32	75	1	8	1.5	1.8	4.2
	French:									
162	Regular	1 tbsp	16	35	85	Tr	9	1.4	4.0	3.5
163	Low calorie	1 tbsp	16	75	25	Tr	2	0.2	0.3	1.0
	Italian:									
164	Regular	1 tbsp	15	34	80	Tr	9	1.3	3.7	3.2
165	Low calorie	1 tbsp	15	86	5	Tr	Tr	Tr	Tr	Tr
	Mayonnaise:									
166	Regular	1 tbsp	14	15	100	Tr	11	1.7	3.2	5.8
167	Imitation	1 tbsp	15	63	35	Tr	3	0.5	0.7	1.6
168	Mayonnaise type	1 tbsp	15	40	60	Tr	5	0.7	1.4	2.7
169	Tartar sauce	1 tbsp	14	34	75	Tr	8	1.2	2.6	3.9
	Thousand island:									
170	Regular	1 tbsp	16	46	60	Tr	6	1.0	1.3	3.2
171	Low calorie	1 tbsp	15	69	25	Tr	2	0.2	0.4	0.9

[9]For salted butter; unsalted butter contains 12 mg sodium per stick, 2 mg per tbsp, or 1 mg per pat.
[10]Values for vitamin A are year-round average.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
247	Tr	27	26	0.2	29	[9]933	[10]3,460	[10]852	0.01	0.04	Tr	0	128
31	Tr	3	3	Tr	4	[9]116	[10]430	[10]106	Tr	Tr	Tr	0	129
11	Tr	1	1	Tr	1	[9]41	[10]150	[10]38	Tr	Tr	Tr	0	130
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	131
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	132
195	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	133
12	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	134
0	1	40	31	0.0	57	[11]2,178	[12]7,510	[12]2,254	0.01	0.05	Tr	Tr	135
0	Tr	2	2	0.0	4	[11]134	[12]460	[12]139	Tr	Tr	Tr	Tr	136
0	1	34	26	0.1	48	[11]1,066	[12]3,740	[12]1,122	0.01	0.04	Tr	Tr	137
0	Tr	4	3	Tr	6	[11]132	[12]460	[12]139	Tr	0.01	Tr	Tr	138
0	Tr	1	1	Tr	2	[11]47	[12]170	[12]50	Tr	Tr	Tr	Tr	139
0	1	60	46	0.0	86	[11]2,449	[12]7,510	[12]2,254	0.02	0.07	Tr	Tr	140
0	Tr	4	3	0.0	5	[11]151	[12]460	[12]139	Tr	Tr	Tr	Tr	141
0	0	24	18	0.0	34	[11]1,123	[12]3,740	[12]1,122	0.01	0.03	Tr	Tr	142
0	0	3	2	0.0	4	[11]139	[12]460	[12]139	Tr	Tr	Tr	Tr	143
0	0	1	1	0.0	1	[11]50	[12]170	[12]50	Tr	Tr	Tr	Tr	144
0	0	47	37	0.0	68	[11]2,256	[12]7,510	[12]2,254	0.02	0.06	Tr	Tr	145
0	0	3	2	0.0	4	[11]139	[12]460	[12]139	Tr	Tr	Tr	Tr	146
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	147
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	148
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	149
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	150
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	151
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	152
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	153
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	154
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	155
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	156
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	157
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	158
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	159
0	0	0	0	0.0	0	0	0	0	0.00	0.00	0.0	0	160
3	1	12	11	Tr	6	164	30	10	Tr	0.02	Tr	Tr	161
0	1	2	1	Tr	2	188	Tr	Tr	Tr	Tr	Tr	Tr	162
0	2	6	5	Tr	3	306	Tr	Tr	Tr	Tr	Tr	Tr	163
0	1	1	1	Tr	5	162	30	3	Tr	Tr	Tr	Tr	164
0	2	1	1	Tr	4	136	Tr	Tr	Tr	Tr	Tr	Tr	165
8	Tr	3	4	0.1	5	80	40	12	0.00	0.00	Tr	0	166
4	2	Tr	Tr	0.0	2	75	0	0	0.00	0.00	0.0	0	167
4	4	2	4	Tr	1	107	30	13	Tr	Tr	Tr	0	168
4	1	3	4	0.1	11	182	30	9	Tr	Tr	0.0	Tr	169
4	2	2	3	0.1	18	112	50	15	Tr	Tr	Tr	0	170
2	2	2	3	0.1	17	150	50	14	Tr	Tr	Tr	0	171

[11]For salted margarine.
[12]Based on average vitamin A content of fortified margarine. Federal specifications for fortified margarine require a minimum of 15,000 IU per pound.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Fats and Oils—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Salad dressings:									
	Prepared from home recipe:									
172	Cooked type[13]	1 tbsp	16	69	25	1	2	0.5	0.6	0.3
173	Vinegar and oil	1 tbsp	16	47	70	0	8	1.5	2.4	3.9
	Fish and Shellfish									
	Clams:									
174	Raw, meat only	3 oz	85	82	65	11	1	0.3	0.3	0.3
175	Canned, drained solids	3 oz	85	77	85	13	2	0.5	0.5	0.4
176	Crabmeat, canned	1 cup	135	77	135	23	3	0.5	0.8	1.4
177	Fish sticks, frozen, reheated, (stick, 4 by 1 by 1/2 in)	1 fish stick	28	52	70	6	3	0.8	1.4	0.8
	Flounder or Sole, baked, with lemon juice:									
178	With butter	3 oz	85	73	120	16	6	3.2	1.5	0.5
179	With margarine	3 oz	85	73	120	16	6	1.2	2.3	1.9
180	Without added fat	3 oz	85	78	80	17	1	0.3	0.2	0.4
181	Haddock, breaded, fried[14]	3 oz	85	61	175	17	9	2.4	3.9	2.4
182	Halibut, broiled, with butter and lemon juice	3 oz	85	67	140	20	6	3.3	1.6	0.7
183	Herring, pickled	3 oz	85	59	190	17	13	4.3	4.6	3.1
184	Ocean perch, breaded, fried[14]	1 fillet	85	59	185	16	11	2.6	4.6	2.8
	Oysters:									
185	Raw, meat only (13-19 medium Selects)	1 cup	240	85	160	20	4	1.4	0.5	1.4
186	Breaded, fried[14]	1 oyster	45	65	90	5	5	1.4	2.1	1.4
	Salmon:									
187	Canned (pink), solids and liquid	3 oz	85	71	120	17	5	0.9	1.5	2.1
188	Baked (red)	3 oz	85	67	140	21	5	1.2	2.4	1.4
189	Smoked	3 oz	85	59	150	18	8	2.6	3.9	0.7
190	Sardines, Atlantic, canned in oil, drained solids	3 oz	85	62	175	20	9	2.1	3.7	2.9
191	Scallops, breaded, frozen, reheated	6 scallops	90	59	195	15	10	2.5	4.1	2.5
	Shrimp:									
192	Canned, drained solids	3 oz	85	70	100	21	1	0.2	0.2	0.4
193	French fried (7 medium)[16]	3 oz	85	55	200	16	10	2.5	4.1	2.6
194	Trout, broiled, with butter and lemon juice	3 oz	85	63	175	21	9	4.1	2.9	1.6
	Tuna, canned, drained solids:									
195	Oil pack, chunk light	3 oz	85	61	165	24	7	1.4	1.9	3.1
196	Water pack, solid white	3 oz	85	63	135	30	1	0.3	0.2	0.3
197	Tuna salad[17]	1 cup	205	63	375	33	19	3.3	4.9	9.2
	Fruits and Fruit Juices									
	Apples:									
	Raw:									
	Unpeeled, without cores:									
198	2-3/4-in diam. (about 3 per lb with cores)	1 apple	138	84	80	Tr	Tr	0.1	Tr	0.1
199	3-1/4-in diam. (about 2 per lb with cores)	1 apple	212	84	125	Tr	1	0.1	Tr	0.2
200	Peeled, sliced	1 cup	110	84	65	Tr	Tr	0.1	Tr	0.1
201	Dried, sulfured	10 rings	64	32	155	1	Tr	Tr	Tr	0.1
202	Apple juice, bottled or canned[19]	1 cup	248	88	115	Tr	Tr	Tr	Tr	0.1
	Applesauce, canned:									
203	Sweetened	1 cup	255	80	195	Tr	Tr	0.1	Tr	0.1
204	Unsweetened	1 cup	244	88	105	Tr	Tr	Tr	Tr	Tr

[13] Fatty acid values apply to product made with regular margarine.
[14] Dipped in egg, milk, and breadcrumbs; fried in vegetable shortening.
[15] If bones are discarded, value for calcium will be greatly reduced.
[16] Dipped in egg, breadcrumbs, and flour; fried in vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
9	2	13	14	0.1	19	117	70	20	0.01	0.02	Tr	Tr	172
0	Tr	0	0	0.0	1	Tr	0	0	0.00	0.00	0.0	0	173
43	2	59	138	2.6	154	102	90	26	0.09	0.15	1.1	9	174
54	2	47	116	3.5	119	102	90	26	0.01	0.09	0.9	3	175
135	1	61	246	1.1	149	1,350	50	14	0.11	0.11	2.6	0	176
26	4	11	58	0.3	94	53	20	5	0.03	0.05	0.6	0	177
68	Tr	13	187	0.3	272	145	210	54	0.05	0.08	1.6	1	178
55	Tr	14	187	0.3	273	151	230	69	0.05	0.08	1.6	1	179
59	Tr	13	197	0.3	286	101	30	10	0.05	0.08	1.7	1	180
75	7	34	183	1.0	270	123	70	20	0.06	0.10	2.9	0	181
62	Tr	14	206	0.7	441	103	610	174	0.06	0.07	7.7	1	182
85	0	29	128	0.9	85	850	110	33	0.04	0.18	2.8	0	183
66	7	31	191	1.2	241	138	70	20	0.10	0.11	2.0	0	184
120	8	226	343	15.6	290	175	740	223	0.34	0.43	6.0	24	185
35	5	49	73	3.0	64	70	150	44	0.07	0.10	1.3	4	186
34	0	[15]167	243	0.7	307	443	60	18	0.03	0.15	6.8	0	187
60	0	26	269	0.5	305	55	290	87	0.18	0.14	5.5	0	188
51	0	12	208	0.8	327	1,700	260	77	0.17	0.17	6.8	0	189
85	0	[15]371	424	2.6	349	425	190	56	0.03	0.17	4.6	0	190
70	10	39	203	2.0	369	298	70	21	0.11	0.11	1.6	0	191
128	1	98	224	1.4	104	1,955	50	15	0.01	0.03	1.5	0	192
168	11	61	154	2.0	189	384	90	26	0.06	0.09	2.8	0	193
71	Tr	26	259	1.0	297	122	230	60	0.07	0.07	2.3	1	194
55	0	7	199	1.6	298	303	70	20	0.04	0.09	10.1	0	195
48	0	17	202	0.6	255	468	110	32	0.03	0.10	13.4	0	196
80	19	31	281	2.5	531	877	230	53	0.06	0.14	13.3	6	197
0	21	10	10	0.2	159	Tr	70	7	0.02	0.02	0.1	8	198
0	32	15	15	0.4	244	Tr	110	11	0.04	0.03	0.2	12	199
0	16	4	8	0.1	124	Tr	50	5	0.02	0.01	0.1	4	200
0	42	9	24	0.9	288	[18]56	0	0	0.00	0.10	0.6	2	201
0	29	17	17	0.9	295	7	Tr	Tr	0.05	0.04	0.2	[20]2	202
0	51	10	18	0.9	156	8	30	3	0.03	0.07	0.5	[20]4	203
0	28	7	17	0.3	183	5	70	7	0.03	0.06	0.5	[20]3	204

[17] Made with drained chunk light tuna, celery, onion, pickle relish, and mayonnaise-type salad dressing.
[18] Sodium bisulfite used to preserve color; unsulfited product would contain less sodium.
[19] Also applies to pasteurized apple cider.
[20] Without added ascorbic acid. For value with added ascorbic acid, refer to label.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Fruits and Fruit Juices—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Apricots:									
205	Raw, without pits (about 12 per lb with pits)	3 apricots	106	86	50	1	Tr	Tr	0.2	0.1
	Canned (fruit and liquid):									
206	Heavy syrup pack	1 cup	258	78	215	1	Tr	Tr	0.1	Tr
207		3 halves	85	78	70	Tr	Tr	Tr	Tr	Tr
208	Juice pack	1 cup	248	87	120	2	Tr	Tr	Tr	Tr
209		3 halves	84	87	40	1	Tr	Tr	Tr	Tr
	Dried:									
210	Uncooked (28 large or 37 medium halves per cup)	1 cup	130	31	310	5	1	Tr	0.3	0.1
211	Cooked, unsweetened, fruit and liquid	1 cup	250	76	210	3	Tr	Tr	0.2	0.1
212	Apricot nectar, canned	1 cup	251	85	140	1	Tr	Tr	0.1	Tr
	Avocados, raw, whole, without skin and seed:									
213	California (about 2 per lb with skin and seed)	1 avocado	173	73	305	4	30	4.5	19.4	3.5
214	Florida (about 1 per lb with skin and seed)	1 avocado	304	80	340	5	27	5.3	14.8	4.5
	Bananas, raw, without peel:									
215	Whole (about 2-1/2 per lb with peel)	1 banana	114	74	105	1	1	0.2	Tr	0.1
216	Sliced	1 cup	150	74	140	2	1	0.3	0.1	0.1
217	Blackberries, raw	1 cup	144	86	75	1	1	0.2	0.1	0.1
	Blueberries:									
218	Raw	1 cup	145	85	80	1	1	Tr	0.1	0.3
219	Frozen, sweetened	10-oz container	284	77	230	1	Tr	Tr	0.1	0.2
220		1 cup	230	77	185	1	Tr	Tr	Tr	0.1
	Cantaloup. See Melons (item 251).									
	Cherries:									
221	Sour, red, pitted, canned, water pack	1 cup	244	90	90	2	Tr	0.1	0.1	0.1
222	Sweet, raw, without pits and stems	10 cherries	68	81	50	1	1	0.1	0.2	0.2
223	Cranberry juice cocktail, bottled, sweetened	1 cup	253	85	145	Tr	Tr	Tr	Tr	0.1
224	Cranberry sauce, sweetened, canned, strained	1 cup	277	61	420	1	Tr	Tr	0.1	0.2
	Dates:									
225	Whole, without pits	10 dates	83	23	230	2	Tr	0.1	0.1	Tr
226	Chopped	1 cup	178	23	490	4	1	0.3	0.2	Tr
227	Figs, dried	10 figs	187	28	475	6	2	0.4	0.5	1.0
	Fruit cocktail, canned, fruit and liquid:									
228	Heavy syrup pack	1 cup	255	80	185	1	Tr	Tr	Tr	0.1
229	Juice pack	1 cup	248	87	115	1	Tr	Tr	Tr	Tr
	Grapefruit:									
230	Raw, without peel, membrane and seeds (3-3/4-in diam., 1 lb 1 oz, whole, with refuse)	1/2 grapefruit	120	91	40	1	Tr	Tr	Tr	Tr
231	Canned, sections with syrup	1 cup	254	84	150	1	Tr	Tr	Tr	0.1
	Grapefruit juice:									
232	Raw	1 cup	247	90	95	1	Tr	Tr	Tr	0.1
	Canned:									
233	Unsweetened	1 cup	247	90	95	1	Tr	Tr	Tr	0.1
234	Sweetened	1 cup	250	87	115	1	Tr	Tr	Tr	0.1
	Frozen concentrate, unsweetened									
235	Undiluted	6-fl-oz can	207	62	300	4	1	0.1	0.1	0.2
236	Diluted with 3 parts water by volume	1 cup	247	89	100	1	Tr	Tr	Tr	0.1

[20] Without added ascorbic acid. For value with added ascorbic acid, refer to label.
[21] With added ascorbic acid.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	12	15	20	0.6	314	1	2,770	277	0.03	0.04	0.6	11	205
0	55	23	31	0.8	361	10	3,170	317	0.05	0.06	1.0	8	206
0	18	8	10	0.3	119	3	1,050	105	0.02	0.02	0.3	3	207
0	31	30	50	0.7	409	10	4,190	419	0.04	0.05	0.9	12	208
0	10	10	17	0.3	139	3	1,420	142	0.02	0.02	0.3	4	209
0	80	59	152	6.1	1,791	13	9,410	941	0.01	0.20	3.9	3	210
0	55	40	103	4.2	1,222	8	5,910	591	0.02	0.08	2.4	4	211
0	36	18	23	1.0	286	8	3,300	330	0.02	0.04	0.7	[20]2	212
0	12	19	73	2.0	1,097	21	1,060	106	0.19	0.21	3.3	14	213
0	27	33	119	1.6	1,484	15	1,860	186	0.33	0.37	5.8	24	214
0	27	7	23	0.4	451	1	90	9	0.05	0.11	0.6	10	215
0	35	9	30	0.5	594	2	120	12	0.07	0.15	0.8	14	216
0	18	46	30	0.8	282	Tr	240	24	0.04	0.06	0.6	30	217
0	20	9	15	0.2	129	9	150	15	0.07	0.07	0.5	19	218
0	62	17	20	1.1	170	3	120	12	0.06	0.15	0.7	3	219
0	50	14	16	0.9	138	2	100	10	0.05	0.12	0.6	2	220
0	22	27	24	3.3	239	17	1,840	184	0.04	0.10	0.4	5	221
0	11	10	13	0.3	152	Tr	150	15	0.03	0.04	0.3	5	222
0	38	8	3	0.4	61	10	10	1	0.01	0.04	0.1	[21]108	223
0	108	11	17	0.6	72	80	60	6	0.04	0.06	0.3	6	224
0	61	27	33	1.0	541	2	40	4	0.07	0.08	1.8	0	225
0	131	57	71	2.0	1,161	5	90	9	0.16	0.18	3.9	0	226
0	122	269	127	4.2	1,331	21	250	25	0.13	0.16	1.3	1	227
0	48	15	28	0.7	224	15	520	52	0.05	0.05	1.0	5	228
0	29	20	35	0.5	236	10	760	76	0.03	0.04	1.0	7	229
0	10	14	10	0.1	167	Tr	[22]10	[22]1	0.04	0.02	0.3	41	230
0	39	36	25	1.0	328	5	Tr	Tr	0.10	0.05	0.6	54	231
0	23	22	37	0.5	400	2	20	2	0.10	0.05	0.5	94	232
0	22	17	27	0.5	378	2	20	2	0.10	0.05	0.6	72	233
0	28	20	28	0.9	405	5	20	2	0.10	0.06	0.8	67	234
0	72	56	101	1.0	1,002	6	60	6	0.30	0.16	1.6	248	235
0	24	20	35	0.3	336	2	20	2	0.10	0.05	0.5	83	236

[22]For white grapefruit; pink grapefruit have about 310 IU or 31 RE.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Fruits and Fruit Juices—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Grapes, European type (adherent skin), raw:									
237	Thompson Seedless	10 grapes	50	81	35	Tr	Tr	0.1	Tr	0.1
238	Tokay and Emperor, seeded types	10 grapes	57	81	40	Tr	Tr	0.1	Tr	0.1
	Grape juice:									
239	Canned or bottled	1 cup	253	84	155	1	Tr	0.1	Tr	0.1
	Frozen concentrate, sweetened:									
240	Undiluted	6-fl-oz can	216	54	385	1	1	0.2	Tr	0.2
241	Diluted with 3 parts water by volume	1 cup	250	87	125	Tr	Tr	0.1	Tr	0.1
242	Kiwifruit, raw, without skin (about 5 per lb with skin)	1 kiwifruit	76	83	45	1	Tr	Tr	0.1	0.1
243	Lemons, raw, without peel and seeds (about 4 per lb with peel and seeds)	1 lemon	58	89	15	1	Tr	Tr	Tr	0.1
	Lemon juice:									
244	Raw	1 cup	244	91	60	1	Tr	Tr	Tr	Tr
245	Canned or bottled, unsweetened	1 cup	244	92	50	1	1	0.1	Tr	0.2
246		1 tbsp	15	92	5	Tr	Tr	Tr	Tr	Tr
247	Frozen, single-strength, unsweetened	6-fl-oz can	244	92	55	1	1	0.1	Tr	0.2
	Lime juice:									
248	Raw	1 cup	246	90	65	1	Tr	Tr	Tr	0.1
249	Canned, unsweetened	1 cup	246	93	50	1	1	0.1	0.1	0.2
250	Mangos, raw, without skin and seed (about 1-1/2 per lb with skin and seed)	1 mango	207	82	135	1	1	0.1	0.2	0.1
	Melons, raw, without rind and cavity contents:									
251	Cantaloup, orange-fleshed (5-in diam., 2-1/3 lb, whole, with rind and cavity contents)	1/2 melon	267	90	95	2	1	0.1	0.1	0.3
252	Honeydew (6-1/2-in diam., 5-1/4 lb, whole, with rind and cavity contents)	1/10 melon	129	90	45	1	Tr	Tr	Tr	0.1
253	Nectarines, raw, without pits (about 3 per lb with pits)	1 nectarine	136	86	65	1	1	0.1	0.2	0.3
	Oranges, raw:									
254	Whole, without peel and seeds (2-5/8-in diam., about 2-1/2 per lb, with peel and seeds)	1 orange	131	87	60	1	Tr	Tr	Tr	Tr
255	Sections without membranes	1 cup	180	87	85	2	Tr	Tr	Tr	Tr
	Orange juice:									
256	Raw, all varieties	1 cup	248	88	110	2	Tr	0.1	0.1	0.1
257	Canned, unsweetened	1 cup	249	89	105	1	Tr	Tr	0.1	0.1
258	Chilled	1 cup	249	88	110	2	1	0.1	0.1	0.2
	Frozen concentrate:									
259	Undiluted	6-fl-oz can	213	58	340	5	Tr	0.1	0.1	0.1
260	Diluted with 3 parts water by volume	1 cup	249	88	110	2	Tr	Tr	Tr	Tr
261	Orange and grapefruit juice, canned	1 cup	247	89	105	1	Tr	Tr	Tr	Tr
262	Papayas, raw, 1/2-in cubes	1 cup	140	86	65	1	Tr	0.1	0.1	Tr
	Peaches:									
	Raw:									
263	Whole, 2-1/2-in diam., peeled, pitted (about 4 per lb with peels and pits)	1 peach	87	88	35	1	Tr	Tr	Tr	Tr
264	Sliced	1 cup	170	88	75	1	Tr	Tr	0.1	0.1
	Canned, fruit and liquid:									
265	Heavy syrup pack	1 cup	256	79	190	1	Tr	Tr	0.1	0.1
266		1 half	81	79	60	Tr	Tr	Tr	Tr	Tr
267	Juice pack	1 cup	248	87	110	2	Tr	Tr	Tr	Tr
268		1 half	77	87	35	Tr	Tr	Tr	Tr	Tr

[20]Without added ascorbic acid. For value with added ascorbic acid, refer to label.
[21]With added ascorbic acid.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	9	6	7	0.1	93	1	40	4	0.05	0.03	0.2	5	237
0	10	6	7	0.1	105	1	40	4	0.05	0.03	0.2	6	238
0	38	23	28	0.6	334	8	20	2	0.07	0.09	0.7	[20]Tr	239
0	96	20	32	0.8	160	15	60	6	0.11	0.20	0.9	[21]179	240
0	32	10	10	0.3	53	5	20	2	0.04	0.07	0.3	[21]60	241
0	11	20	30	0.3	252	4	130	13	0.02	0.04	0.4	74	242
0	5	15	9	0.3	80	1	20	2	0.02	0.01	0.1	31	243
0	21	17	15	0.1	303	2	50	5	0.07	0.02	0.2	112	244
0	16	27	22	0.3	249	[23]51	40	4	0.10	0.02	0.5	61	245
0	1	2	1	Tr	15	[23]3	Tr	Tr	0.01	Tr	Tr	4	246
0	16	20	20	0.3	217	2	30	3	0.14	0.03	0.3	77	247
0	22	22	17	0.1	268	2	20	2	0.05	0.02	0.2	72	248
0	16	30	25	0.6	185	[23]39	40	4	0.08	0.01	0.4	16	249
0	35	21	23	0.3	323	4	8,060	806	0.12	0.12	1.2	57	250
0	22	29	45	0.6	825	24	8,610	861	0.10	0.06	1.5	113	251
0	12	8	13	0.1	350	13	50	5	0.10	0.02	0.8	32	252
0	16	7	22	0.2	288	Tr	1,000	100	0.02	0.06	1.3	7	253
0	15	52	18	0.1	237	Tr	270	27	0.11	0.05	0.4	70	254
0	21	72	25	0.2	326	Tr	370	37	0.16	0.07	0.5	96	255
0	26	27	42	0.5	496	2	500	50	0.22	0.07	1.0	124	256
0	25	20	35	1.1	436	5	440	44	0.15	0.07	0.8	86	257
0	25	25	27	0.4	473	2	190	19	0.28	0.05	0.7	82	258
0	81	68	121	0.7	1,436	6	590	59	0.60	0.14	1.5	294	259
0	27	22	40	0.2	473	2	190	19	0.20	0.04	0.5	97	260
0	25	20	35	1.1	390	7	290	29	0.14	0.07	0.8	72	261
0	17	35	12	0.3	247	9	400	40	0.04	0.04	0.5	92	262
0	10	4	10	0.1	171	Tr	470	47	0.01	0.04	0.9	6	263
0	19	9	20	0.2	335	Tr	910	91	0.03	0.07	1.7	11	264
0	51	8	28	0.7	236	15	850	85	0.03	0.06	1.6	7	265
0	16	2	9	0.2	75	5	270	27	0.01	0.02	0.5	2	266
0	29	15	42	0.7	317	10	940	94	0.02	0.04	1.4	9	267
0	9	5	13	0.2	99	3	290	29	0.01	0.01	0.4	3	268

[23]Sodium benzoate and sodium bisulfite added as preservatives.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Fruits and Fruit Juices—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Peaches:									
	Dried:									
269	Uncooked	1 cup	160	32	380	6	1	0.1	0.4	0.6
270	Cooked, unsweetened, fruit and liquid	1 cup	258	78	200	3	1	0.1	0.2	0.3
271	Frozen, sliced, sweetened	10-oz container	284	75	265	2	Tr	Tr	0.1	0.2
272		1 cup	250	75	235	2	Tr	Tr	0.1	0.2
	Pears:									
	Raw, with skin, cored:									
273	Bartlett, 2-1/2-in diam. (about 2-1/2 per lb with cores and stems)	1 pear	166	84	100	1	1	Tr	0.1	0.2
274	Bosc, 2-1/2-in diam. (about 3 per lb with cores and stems)	1 pear	141	84	85	1	1	Tr	0.1	0.1
275	D'Anjou, 3-in diam. (about 2 per lb with cores and stems)	1 pear	200	84	120	1	1	Tr	0.2	0.2
	Canned, fruit and liquid:									
276	Heavy syrup pack	1 cup	255	80	190	1	Tr	Tr	0.1	0.1
277		1 half	79	80	60	Tr	Tr	Tr	Tr	Tr
278	Juice pack	1 cup	248	86	125	1	Tr	Tr	Tr	Tr
279		1 half	77	86	40	Tr	Tr	Tr	Tr	Tr
	Pineapple:									
280	Raw, diced	1 cup	155	87	75	1	1	Tr	0.1	0.2
	Canned, fruit and liquid:									
	Heavy syrup pack:									
281	Crushed, chunks, tidbits	1 cup	255	79	200	1	Tr	Tr	Tr	0.1
282	Slices	1 slice	58	79	45	Tr	Tr	Tr	Tr	Tr
	Juice pack:									
283	Chunks or tidbits	1 cup	250	84	150	1	Tr	Tr	Tr	0.1
284	Slices	1 slice	58	84	35	Tr	Tr	Tr	Tr	Tr
285	Pineapple juice, unsweetened, canned	1 cup	250	86	140	1	Tr	Tr	Tr	0.1
	Plantains, without peel:									
286	Raw	1 plantain	179	65	220	2	1	0.3	0.1	0.1
287	Cooked, boiled, sliced	1 cup	154	67	180	1	Tr	0.1	Tr	0.1
	Plums, without pits:									
	Raw:									
288	2-1/8-in diam. (about 6-1/2 per lb with pits)	1 plum	66	85	35	1	Tr	Tr	0.3	0.1
289	1-1/2-in diam. (about 15 per lb with pits)	1 plum	28	85	15	Tr	Tr	Tr	0.1	Tr
	Canned, purple, fruit and liquid:									
290	Heavy syrup pack	1 cup	258	76	230	1	Tr	Tr	0.2	0.1
291		3 plums	133	76	120	Tr	Tr	Tr	0.1	Tr
292	Juice pack	1 cup	252	84	145	1	Tr	Tr	Tr	Tr
293		3 plums	95	84	55	Tr	Tr	Tr	Tr	Tr
	Prunes, dried:									
294	Uncooked	4 extra large or 5 large prunes	49	32	115	1	Tr	Tr	0.2	0.1
295	Cooked, unsweetened, fruit and liquid	1 cup	212	70	225	2	Tr	Tr	0.3	0.1
296	Prune juice, canned or bottled	1 cup	256	81	180	2	Tr	Tr	0.1	Tr
	Raisins, seedless:									
297	Cup, not pressed down	1 cup	145	15	435	5	1	0.2	Tr	0.2
298	Packet, 1/2 oz (1-1/2 tbsp)	1 packet	14	15	40	Tr	Tr	Tr	Tr	Tr
	Raspberries:									
299	Raw	1 cup	123	87	60	1	1	Tr	0.1	0.4
300	Frozen, sweetened	10-oz container	284	73	295	2	Tr	Tr	Tr	0.3
301		1 cup	250	73	255	2	Tr	Tr	Tr	0.2

[21] With added ascorbic acid.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	98	45	190	6.5	1,594	11	3,460	346	Tr	0.34	7.0	8	269
0	51	23	98	3.4	826	5	510	51	0.01	0.05	3.9	10	270
0	68	9	31	1.1	369	17	810	81	0.04	0.10	1.9	[21]268	271
0	60	8	28	0.9	325	15	710	71	0.03	0.09	1.6	[21]236	272
0	25	18	18	0.4	208	Tr	30	3	0.03	0.07	0.2	7	273
0	21	16	16	0.4	176	Tr	30	3	0.03	0.06	0.1	6	274
0	30	22	22	0.5	250	Tr	40	4	0.04	0.08	0.2	8	275
0	49	13	18	0.6	166	13	10	1	0.03	0.06	0.6	3	276
0	15	4	6	0.2	51	4	Tr	Tr	0.01	0.02	0.2	1	277
0	32	22	30	0.7	238	10	10	1	0.03	0.03	0.5	4	278
0	10	7	9	0.2	74	3	Tr	Tr	0.01	0.01	0.2	1	279
0	19	11	11	0.6	175	2	40	4	0.14	0.06	0.7	24	280
0	52	36	18	1.0	265	3	40	4	0.23	0.06	0.7	19	281
0	12	8	4	0.2	60	1	10	1	0.05	0.01	0.2	4	282
0	39	35	15	0.7	305	3	100	10	0.24	0.05	0.7	24	283
0	9	8	3	0.2	71	1	20	2	0.06	0.01	0.2	6	284
0	34	43	20	0.7	335	3	10	1	0.14	0.06	0.6	27	285
0	57	5	61	1.1	893	7	2,020	202	0.19	0.10	1.2	33	286
0	48	3	43	0.9	716	8	1,400	140	0.07	0.08	1.2	17	287
0	9	3	7	0.1	114	Tr	210	21	0.03	0.06	0.3	6	288
0	4	1	3	Tr	48	Tr	90	9	0.01	0.03	0.1	3	289
0	60	23	34	2.2	235	49	670	67	0.04	0.10	0.8	1	290
0	31	12	17	1.1	121	25	340	34	0.02	0.05	0.4	1	291
0	38	25	38	0.9	388	3	2,540	254	0.06	0.15	1.2	7	292
0	14	10	14	0.3	146	1	960	96	0.02	0.06	0.4	3	293
0	31	25	39	1.2	365	2	970	97	0.04	0.08	1.0	2	294
0	60	46	74	2.4	708	4	650	65	0.05	0.21	1.5	6	295
0	45	31	64	3.0	707	10	10	1	0.04	0.18	2.0	10	296
0	115	71	141	3.0	1,089	17	10	1	0.23	0.13	1.2	5	297
0	11	7	14	0.3	105	2	Tr	Tr	0.02	0.01	0.1	Tr	298
0	14	27	15	0.7	187	Tr	160	16	0.04	0.11	1.1	31	299
0	74	43	48	1.8	324	3	170	17	0.05	0.13	0.7	47	300
0	65	38	43	1.6	285	3	150	15	0.05	0.11	0.6	41	301

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Fruits and Fruit Juices—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
302	Rhubarb, cooked, added sugar	1 cup	240	68	280	1	Tr	Tr	Tr	0.1
	Strawberries:									
303	Raw, capped, whole	1 cup	149	92	45	1	1	Tr	0.1	0.3
304	Frozen, sweetened, sliced	10-oz container	284	73	275	2	Tr	Tr	0.1	0.2
305		1 cup	255	73	245	1	Tr	Tr	Tr	0.2
	Tangerines:									
306	Raw, without peel and seeds (2-3/8-in diam., about 4 per lb, with peel and seeds)	1 tangerine	84	88	35	1	Tr	Tr	Tr	Tr
307	Canned, light syrup, fruit and liquid	1 cup	252	83	155	1	Tr	Tr	Tr	0.1
308	Tangerine juice, canned, sweetened	1 cup	249	87	125	1	Tr	Tr	Tr	0.1
	Watermelon, raw, without rind and seeds:									
309	Piece (4 by 8 in wedge with rind and seeds; 1/16 of 32-2/3-lb melon, 10 by 16 in)	1 piece	482	92	155	3	2	0.3	0.2	1.0
310	Diced	1 cup	160	92	50	1	1	0.1	0.1	0.3
	Grain Products									
311	Bagels, plain or water, enriched, 3-1/2-in diam.[24]	1 bagel	68	29	200	7	2	0.3	0.5	0.7
312	Barley, pearled, light, uncooked	1 cup	200	11	700	16	2	0.3	0.2	0.9
	Biscuits, baking powder, 2-in diam. (enriched flour, vegetable shortening):									
313	From home recipe	1 biscuit	28	28	100	2	5	1.2	2.0	1.3
314	From mix	1 biscuit	28	29	95	2	3	0.8	1.4	0.9
315	From refrigerated dough	1 biscuit	20	30	65	1	2	0.6	0.9	0.6
	Breadcrumbs, enriched:									
316	Dry, grated	1 cup	100	7	390	13	5	1.5	1.6	1.0
	Soft. See White bread (item 351).									
	Breads:									
317	Boston brown bread, canned, slice, 3-1/4 in by 1/2 in[25]	1 slice	45	45	95	2	1	0.3	0.1	0.1
	Cracked-wheat bread (3/4 enriched wheat flour, 1/4 cracked wheat flour):[25]									
318	Loaf, 1 lb	1 loaf	454	35	1,190	42	16	3.1	4.3	5.7
319	Slice (18 per loaf)	1 slice	25	35	65	2	1	0.2	0.2	0.3
320	Toasted	1 slice	21	26	65	2	1	0.2	0.2	0.3
	French or vienna bread, enriched:[25]									
321	Loaf, 1 lb	1 loaf	454	34	1,270	43	18	3.8	5.7	5.9
	Slice:									
322	French, 5 by 2-1/2 by 1 in	1 slice	35	34	100	3	1	0.3	0.4	0.5
323	Vienna, 4-3/4 by 4 by 1/2 in	1 slice	25	34	70	2	1	0.2	0.3	0.3
	Italian bread, enriched:									
324	Loaf, 1 lb	1 loaf	454	32	1,255	41	4	0.6	0.3	1.8
325	Slice, 4-1/2 by 3-1/4 by 3/4 in	1 slice	30	32	85	3	Tr	Tr	Tr	0.1
	Mixed grain bread, enriched:[25]									
326	Loaf, 1 lb	1 loaf	454	37	1,165	45	17	3.2	4.1	6.5
327	Slice (18 per loaf)	1 slice	25	37	65	2	1	0.2	0.2	0.4
328	Toasted	1 slice	23	27	65	2	1	0.2	0.2	0.4

[24] Egg bagels have 44 mg cholesterol and 22 IU or 7 RE vitamin A per bagel.
[25] Made with vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	75	348	19	0.5	230	2	170	17	0.04	0.06	0.5	8	302
0	10	21	28	0.6	247	1	40	4	0.03	0.10	0.3	84	303
0	74	31	37	1.7	278	9	70	7	0.05	0.14	1.1	118	304
0	66	28	33	1.5	250	8	60	6	0.04	0.13	1.0	106	305
0	9	12	8	0.1	132	1	770	77	0.09	0.02	0.1	26	306
0	41	18	25	0.9	197	15	2,120	212	0.13	0.11	1.1	50	307
0	30	45	35	0.5	443	2	1,050	105	0.15	0.05	0.2	55	308
0	35	39	43	0.8	559	10	1,760	176	0.39	0.10	1.0	46	309
0	11	13	14	0.3	186	3	590	59	0.13	0.03	0.3	15	310
0	38	29	46	1.8	50	245	0	0	0.26	0.20	2.4	0	311
0	158	32	378	4.2	320	6	0	0	0.24	0.10	6.2	0	312
Tr	13	47	36	0.7	32	195	10	3	0.08	0.08	0.8	Tr	313
Tr	14	58	128	0.7	56	262	20	4	0.12	0.11	0.8	Tr	314
1	10	4	79	0.5	18	249	0	0	0.08	0.05	0.7	0	315
5	73	122	141	4.1	152	736	0	0	0.35	0.35	4.8	0	316
3	21	41	72	0.9	131	113	[26]0	[26]0	0.06	0.04	0.7	0	317
0	227	295	581	12.1	608	1,966	Tr	Tr	1.73	1.73	15.3	Tr	318
0	12	16	32	0.7	34	106	Tr	Tr	0.10	0.09	0.8	Tr	319
0	12	16	32	0.7	34	106	Tr	Tr	0.07	0.09	0.8	Tr	320
0	230	499	386	14.0	409	2,633	Tr	Tr	2.09	1.59	18.2	Tr	321
0	18	39	30	1.1	32	203	Tr	Tr	0.16	0.12	1.4	Tr	322
0	13	28	21	0.8	23	145	Tr	Tr	0.12	0.09	1.0	Tr	323
0	256	77	350	12.7	336	2,656	0	0	1.80	1.10	15.0	0	324
0	17	5	23	0.8	22	176	0	0	0.12	0.07	1.0	0	325
0	212	472	962	14.8	990	1,870	Tr	Tr	1.77	1.73	18.9	Tr	326
0	12	27	55	0.8	56	106	Tr	Tr	0.10	0.10	1.1	Tr	327
0	12	27	55	0.8	56	106	Tr	Tr	0.08	0.10	1.1	Tr	328

[26] Made with white cornmeal. If made with yellow cornmeal, value is 32 IU or 3 RE.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Grain Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Breads:									
	Oatmeal bread, enriched:[25]									
329	Loaf, 1 lb	1 loaf	454	37	1,145	38	20	3.7	7.1	8.2
330	Slice (18 per loaf)	1 slice	25	37	65	2	1	0.2	0.4	0.5
331	Toasted	1 slice	23	30	65	2	1	0.2	0.4	0.5
332	Pita bread, enriched, white, 6-1/2-in diam.	1 pita	60	31	165	6	1	0.1	0.1	0.4
	Pumpernickel (2/3 rye flour, 1/3 enriched wheat flour):[25]									
333	Loaf, 1 lb	1 loaf	454	37	1,160	42	16	2.6	3.6	6.4
334	Slice, 5 by 4 by 3/8 in	1 slice	32	37	80	3	1	0.2	0.3	0.5
335	Toasted	1 slice	29	28	80	3	1	0.2	0.3	0.5
	Raisin bread, enriched:[25]									
336	Loaf, 1 lb	1 loaf	454	33	1,260	37	18	4.1	6.5	6.7
337	Slice (18 per loaf)	1 slice	25	33	65	2	1	0.2	0.3	0.4
338	Toasted	1 slice	21	24	65	2	1	0.2	0.3	0.4
	Rye bread, light (2/3 enriched wheat flour, 1/3 rye flour):[25]									
339	Loaf, 1 lb	1 loaf	454	37	1,190	38	17	3.3	5.2	5.5
340	Slice, 4-3/4 by 3-3/4 by 7/16 in	1 slice	25	37	65	2	1	0.2	0.3	0.3
341	Toasted	1 slice	22	28	65	2	1	0.2	0.3	0.3
	Wheat bread, enriched:[25]									
342	Loaf, 1 lb	1 loaf	454	37	1,160	43	19	3.9	7.3	4.5
343	Slice (18 per loaf)	1 slice	25	37	65	2	1	0.2	0.4	0.3
344	Toasted	1 slice	23	28	65	3	1	0.2	0.4	0.3
	White bread, enriched:[25]									
345	Loaf, 1 lb	1 loaf	454	37	1,210	38	18	5.6	6.5	4.2
346	Slice (18 per loaf)	1 slice	25	37	65	2	1	0.3	0.4	0.2
347	Toasted	1 slice	22	28	65	2	1	0.3	0.4	0.2
348	Slice (22 per loaf)	1 slice	20	37	55	2	1	0.2	0.3	0.2
349	Toasted	1 slice	17	28	55	2	1	0.2	0.3	0.2
350	Cubes	1 cup	30	37	80	2	1	0.4	0.4	0.3
351	Crumbs, soft	1 cup	45	37	120	4	2	0.6	0.6	0.4
	Whole-wheat bread:[25]									
352	Loaf, 1 lb	1 loaf	454	38	1,110	44	20	5.8	6.8	5.2
353	Slice (16 per loaf)	1 slice	28	38	70	3	1	0.4	0.4	0.3
354	Toasted	1 slice	25	29	70	3	1	0.4	0.4	0.3
	Bread stuffing (from enriched bread), prepared from mix:									
355	Dry type	1 cup	140	33	500	9	31	6.1	13.3	9.6
356	Moist type	1 cup	203	61	420	9	26	5.3	11.3	8.0
	Breakfast cereals:									
	Hot type, cooked:									
	Corn (hominy) grits:									
357	Regular and quick, enriched	1 cup	242	85	145	3	Tr	Tr	0.1	0.2
358	Instant, plain	1 pkt	137	85	80	2	Tr	Tr	Tr	0.1
	Cream of Wheat®:									
359	Regular, quick, instant	1 cup	244	86	140	4	Tr	0.1	Tr	0.2
360	Mix'n Eat, plain	1 pkt	142	82	100	3	Tr	Tr	Tr	0.1
361	Malt-O-Meal®	1 cup	240	88	120	4	Tr	Tr	Tr	0.1
	Oatmeal or rolled oats:									
362	Regular, quick, instant, nonfortified	1 cup	234	85	145	6	2	0.4	0.8	1.0
	Instant, fortified:									
363	Plain	1 pkt	177	86	105	4	2	0.3	0.6	0.7
364	Flavored	1 pkt	164	76	160	5	2	0.3	0.7	0.8

[25] Made with vegetable shortening.
[27] Nutrient added.
[28] Cooked without salt. If salt is added according to label recommendations, sodium content is 540 mg.
[29] For white corn grits. Cooked yellow grits contain 145 IU or 14 RE.
[30] Value based on label declaration for added nutrients.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	212	267	563	12.0	707	2,231	0	0	2.09	1.20	15.4	0	329
0	12	15	31	0.7	39	124	0	0	0.12	0.07	0.9	0	330
0	12	15	31	0.7	39	124	0	0	0.09	0.07	0.9	0	331
0	33	49	60	1.4	71	339	0	0	0.27	0.12	2.2	0	332
0	218	322	990	12.4	1,966	2,461	0	0	1.54	2.36	15.0	0	333
0	16	23	71	0.9	141	177	0	0	0.11	0.17	1.1	0	334
0	16	23	71	0.9	141	177	0	0	0.09	0.17	1.1	0	335
0	239	463	395	14.1	1,058	1,657	Tr	Tr	1.50	2.81	18.6	Tr	336
0	13	25	22	0.8	59	92	Tr	Tr	0.08	0.15	1.0	Tr	337
0	13	25	22	0.8	59	92	Tr	Tr	0.06	0.15	1.0	Tr	338
0	218	363	658	12.3	926	3,164	0	0	1.86	1.45	15.0	0	339
0	12	20	36	0.7	51	175	0	0	0.10	0.08	0.8	0	340
0	12	20	36	0.7	51	175	0	0	0.08	0.08	0.8	0	341
0	213	572	835	15.8	627	2,447	Tr	Tr	2.09	1.45	20.5	Tr	342
0	12	32	47	0.9	35	138	Tr	Tr	0.12	0.08	1.2	Tr	343
0	12	32	47	0.9	35	138	Tr	Tr	0.10	0.08	1.2	Tr	344
0	222	572	490	12.9	508	2,334	Tr	Tr	2.13	1.41	17.0	Tr	345
0	12	32	27	0.7	28	129	Tr	Tr	0.12	0.08	0.9	Tr	346
0	12	32	27	0.7	28	129	Tr	Tr	0.09	0.08	0.9	Tr	347
0	10	25	21	0.6	22	101	Tr	Tr	0.09	0.06	0.7	Tr	348
0	10	25	21	0.6	22	101	Tr	Tr	0.07	0.06	0.7	Tr	349
0	15	38	32	0.9	34	154	Tr	Tr	0.14	0.09	1.1	Tr	350
0	22	57	49	1.3	50	231	Tr	Tr	0.21	0.14	1.7	Tr	351
0	206	327	1,180	15.5	799	2,887	Tr	Tr	1.59	0.95	17.4	Tr	352
0	13	20	74	1.0	50	180	Tr	Tr	0.10	0.06	1.1	Tr	353
0	13	20	74	1.0	50	180	Tr	Tr	0.08	0.06	1.1	Tr	354
0	50	92	136	2.2	126	1,254	910	273	0.17	0.20	2.5	0	355
67	40	81	134	2.0	118	1,023	850	256	0.10	0.18	1.6	0	356
0	31	0	29	[27]1.5	53	[28]0	[26]0	[29]0	[27]0.24	[27]0.15	[27]2.0	0	357
0	18	7	16	[27]1.0	29	343	0	0	[27]0.18	[27]0.08	[27]1.3	0	358
0	29	[30]54	[31]43	[30]10.9	46	[31,32]5	0	0	[30]0.24	[30]0.07	[30]1.5	0	359
0	21	[30]20	[30]20	[35]8.1	38	241	[30]1,250	[30]376	[30]0.43	[30]0.28	[30]5.0	0	360
0	26	5	[30]24	[30]9.6	31	[33]2	0	0	[30]0.48	[30]0.24	[30]5.8	0	361
0	25	19	178	1.6	131	[34]2	40	4	0.26	0.05	0.3	0	362
0	18	[27]163	133	[27]6.3	99	[27]285	[27]1,510	[27]453	[27]0.53	[27]0.28	[27]5.5	0	363
0	31	[27]168	148	[27]6.7	137	[27]254	[27]1,530	[27]460	[27]0.53	[27]0.38	[27]5.9	Tr	364

[31] For regular and instant cereal. For quick cereal, phosphorus is 102 mg and sodium is 142 mg.
[32] Cooked without salt. If salt is added according to label recommendations, sodium content is 390 mg.
[33] Cooked without salt. If salt is added according to label recommendations, sodium content is 324 mg.
[34] Cooked without salt. If salt is added according to label recommendations, sodium content is 374 mg.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Grain Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Breakfast cereals:									
	Ready to eat:									
365	All-Bran® (about 1/3 cup)----	1 oz----------	28	3	70	4	1	0.1	0.1	0.3
366	Cap'n Crunch® (about 3/4 cup)	1 oz----------	28	3	120	1	3	1.7	0.3	0.4
367	Cheerios® (about 1-1/4 cup)--	1 oz----------	28	5	110	4	2	0.3	0.6	0.7
	Corn Flakes (about 1-1/4 cup):									
368	Kellogg's®----------	1 oz----------	28	3	110	2	Tr	Tr	Tr	Tr
369	Toasties®----------	1 oz----------	28	3	110	2	Tr	Tr	Tr	Tr
	40% Bran Flakes:									
370	Kellogg's® (about 3/4 cup)	1 oz----------	28	3	90	4	1	0.1	0.1	0.3
371	Post® (about 2/3 cup)------	1 oz----------	28	3	90	3	Tr	0.1	0.1	0.2
372	Froot Loops® (about 1 cup)---	1 oz----------	28	3	110	2	1	0.2	0.1	0.1
373	Golden Grahams® (about 3/4 cup)----------	1 oz----------	28	2	110	2	1	0.7	0.1	0.2
374	Grape-Nuts® (about 1/4 cup)--	1 oz----------	28	3	100	3	Tr	Tr	Tr	0.1
375	Honey Nut Cheerios® (about 3/4 cup)----------	1 oz----------	28	3	105	3	1	0.1	0.3	0.3
376	Lucky Charms® (about 1 cup)--	1 oz----------	28	3	110	3	1	0.2	0.4	0.4
377	Nature Valley® Granola (about 1/3 cup)----------	1 oz----------	28	4	125	3	5	3.3	0.7	0.7
378	100% Natural Cereal (about 1/4 cup)----------	1 oz----------	28	2	135	3	6	4.1	1.2	0.5
379	Product 19® (about 3/4 cup)--	1 oz----------	28	3	110	3	Tr	Tr	Tr	0.1
	Raisin Bran:									
380	Kellogg's® (about 3/4 cup)	1 oz----------	28	8	90	3	1	0.1	0.1	0.3
381	Post® (about 1/2 cup)------	1 oz----------	28	9	85	3	1	0.1	0.1	0.3
382	Rice Krispies® (about 1 cup)	1 oz----------	28	2	110	2	Tr	Tr	Tr	0.1
383	Shredded Wheat (about 2/3 cup)----------	1 oz----------	28	5	100	3	1	0.1	0.1	0.3
384	Special K® (about 1-1/3 cup)	1 oz----------	28	2	110	6	Tr	Tr	Tr	Tr
385	Super Sugar Crisp® (about 7/8 cup)----------	1 oz----------	28	2	105	2	Tr	Tr	Tr	0.1
386	Sugar Frosted Flakes, Kellogg's® (about 3/4 cup)	1 oz----------	28	3	110	1	Tr	Tr	Tr	Tr
387	Sugar Smacks® (about 3/4 cup)	1 oz----------	28	3	105	2	1	0.1	0.1	0.2
388	Total® (about 1 cup)---------	1 oz----------	28	4	100	3	1	0.1	0.1	0.3
389	Trix® (about 1 cup)----------	1 oz----------	28	3	110	2	Tr	0.2	0.1	0.1
390	Wheaties® (about 1 cup)------	1 oz----------	28	5	100	3	Tr	0.1	Tr	0.2
391	Buckwheat flour, light, sifted---	1 cup----------	98	12	340	6	1	0.2	0.4	0.4
392	Bulgur, uncooked----------	1 cup----------	170	10	600	19	3	1.2	0.3	1.2
	Cakes prepared from cake mixes with enriched flour:[35]									
	Angelfood:									
393	Whole cake, 9-3/4-in diam. tube cake----------	1 cake----------	635	38	1,510	38	2	0.4	0.2	1.0
394	Piece, 1/12 of cake----------	1 piece---------	53	38	125	3	Tr	Tr	Tr	0.1
	Coffeecake, crumb:									
395	Whole cake, 7-3/4 by 5-5/8 by 1-1/4 in----------	1 cake----------	430	30	1,385	27	41	11.8	16.7	9.6
396	Piece, 1/6 of cake----------	1 piece---------	72	30	230	5	7	2.0	2.8	1.6
	Devil's food with chocolate frosting:									
397	Whole, 2-layer cake, 8- or 9-in diam.----------	1 cake----------	1,107	24	3,755	49	136	55.6	51.4	19.7
398	Piece, 1/16 of cake----------	1 piece---------	69	24	235	3	8	3.5	3.2	1.2
399	Cupcake, 2-1/2-in diam.------	1 cupcake-------	35	24	120	2	4	1.8	1.6	0.6
	Gingerbread:									
400	Whole cake, 8 in square------	1 cake----------	570	37	1,575	18	39	9.6	16.4	10.5
401	Piece, 1/9 of cake----------	1 piece---------	63	37	175	2	4	1.1	1.8	1.2

[27] Nutrient added.

[30] Value based on label declaration for added nutrients.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	21	23	264	[30]4.5	350	320	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	365
0	23	5	36	[27]7.5	37	213	40	4	[27]0.50	[27]0.55	[27]6.6	0	366
0	20	48	134	[30]4.5	101	307	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	367
0	24	1	18	[30]1.8	26	351	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	368
0	24	1	12	[27]0.7	33	297	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	0	369
0	22	14	139	[30]8.1	180	264	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	0	370
0	22	12	179	[30]4.5	151	260	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	0	371
0	25	3	24	[30]4.5	26	145	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	372
Tr	24	17	41	[30]4.5	63	346	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	373
0	23	11	71	1.2	95	197	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	0	374
0	23	20	105	[30]4.5	99	257	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	375
0	23	32	79	[30]4.5	59	201	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	376
0	19	18	89	0.9	98	58	20	2	0.10	0.05	0.2	0	377
Tr	18	49	104	0.8	140	12	20	2	0.09	0.15	0.6	0	378
0	24	3	40	[30]18.0	44	325	[30]5,000	[30]1,501	[30]1.50	[30]1.70	[30]20.0	[30]60	379
0	21	10	105	[30]3.5	147	207	[30]960	[30]288	[30]0.28	[30]0.34	[30]3.9	0	380
0	21	13	119	[30]4.5	175	185	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	0	381
0	25	4	34	[30]1.8	29	340	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	382
0	23	11	100	1.2	102	3	0	0	0.07	0.08	1.5	0	383
Tr	21	8	55	[30]4.5	49	265	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	384
0	26	6	52	[30]1.8	105	25	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	0	385
0	26	1	21	[30]1.8	18	230	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	386
0	25	3	31	[30]1.8	42	75	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	387
0	22	48	118	[30]18.0	106	352	[30]5,000	[30]1,501	[30]1.50	[30]1.70	[30]20.0	[30]60	388
0	25	6	19	[30]4.5	27	181	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	389
0	23	43	98	[30]4.5	106	354	[30]1,250	[30]375	[30]0.37	[30]0.43	[30]5.0	[30]15	390
0	78	11	86	1.0	314	2	0	0	0.08	0.04	0.4	0	391
0	129	49	575	9.5	389	7	0	0	0.48	0.24	7.7	0	392
0	342	527	1,086	2.7	845	3,226	0	0	0.32	1.27	1.6	0	393
0	29	44	91	0.2	71	269	0	0	0.03	0.11	0.1	0	394
279	225	262	748	7.3	469	1,853	690	194	0.82	0.90	7.7	1	395
47	38	44	125	1.2	78	310	120	32	0.14	0.15	1.3	Tr	396
598	645	653	1,162	22.1	1,439	2,900	1,660	498	1.11	1.66	10.0	1	397
37	40	41	72	1.4	90	181	100	31	0.07	0.10	0.6	Tr	398
19	20	21	37	0.7	46	92	50	16	0.04	0.05	0.3	Tr	399
6	291	513	570	10.8	1,562	1,733	0	0	0.86	1.03	7.4	1	400
1	32	57	63	1.2	173	192	0	0	0.09	0.11	0.8	Tr	401

[35] Excepting angelfood cake, cakes were made from mixes containing vegetable shortening and frostings were made with margarine.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Grain Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Cakes prepared from cake mixes with enriched flour:[35]									
	Yellow with chocolate frosting:									
402	Whole, 2-layer cake, 8- or 9-in diam.	1 cake	1,108	26	3,735	45	125	47.8	48.8	21.8
403	Piece, 1/16 of cake	1 piece	69	26	235	3	8	3.0	3.0	1.4
	Cakes prepared from home recipes using enriched flour:									
	Carrot, with cream cheese frosting:[36]									
404	Whole cake, 10-in diam. tube cake	1 cake	1,536	23	6,175	63	328	66.0	135.2	107.5
405	Piece, 1/16 of cake	1 piece	96	23	385	4	21	4.1	8.4	6.7
	Fruitcake, dark:[36]									
406	Whole cake, 7-1/2-in diam., 2-1/4-in high tube cake	1 cake	1,361	18	5,185	74	228	47.6	113.0	51.7
407	Piece, 1/32 of cake, 2/3-in arc	1 piece	43	18	165	2	7	1.5	3.6	1.6
	Plain sheet cake:[37]									
	Without frosting:									
408	Whole cake, 9-in square	1 cake	777	25	2,830	35	108	29.5	45.1	25.6
409	Piece, 1/9 of cake	1 piece	86	25	315	4	12	3.3	5.0	2.8
	With uncooked white frosting:									
410	Whole cake, 9-in square	1 cake	1,096	21	4,020	37	129	41.6	50.4	26.3
411	Piece, 1/9 of cake	1 piece	121	21	445	4	14	4.6	5.6	2.9
	Pound:[38]									
412	Loaf, 8-1/2 by 3-1/2 by 3-1/4 in	1 loaf	514	22	2,025	33	94	21.1	40.9	26.7
413	Slice, 1/17 of loaf	1 slice	30	22	120	2	5	1.2	2.4	1.6
	Cakes, commercial, made with enriched flour:									
	Pound:									
414	Loaf, 8-1/2 by 3-1/2 by 3 in	1 loaf	500	24	1,935	26	94	52.0	30.0	4.0
415	Slice, 1/17 of loaf	1 slice	29	24	110	2	5	3.0	1.7	0.2
	Snack cakes:									
416	Devil's food with creme filling (2 small cakes per pkg)	1 small cake	28	20	105	1	4	1.7	1.5	0.6
417	Sponge with creme filling (2 small cakes per pkg)	1 small cake	42	19	155	1	5	2.3	2.1	0.5
	White with white frosting:									
418	Whole, 2-layer cake, 8- or 9-in diam.	1 cake	1,140	24	4,170	43	148	33.1	61.6	42.2
419	Piece, 1/16 of cake	1 piece	71	24	260	3	9	2.1	3.8	2.6
	Yellow with chocolate frosting:									
420	Whole, 2-layer cake, 8- or 9-in diam.	1 cake	1,108	23	3,895	40	175	92.0	58.7	10.0
421	Piece, 1/16 of cake	1 piece	69	23	245	2	11	5.7	3.7	0.6
	Cheesecake:									
422	Whole cake, 9-in diam.	1 cake	1,110	46	3,350	60	213	119.9	65.5	14.4
423	Piece, 1/12 of cake	1 piece	92	46	280	5	18	9.9	5.4	1.2
	Cookies made with enriched flour:									
	Brownies with nuts:									
424	Commercial, with frosting, 1-1/2 by 1-3/4 by 7/8 in	1 brownie	25	13	100	1	4	1.6	2.0	0.6
425	From home recipe, 1-3/4 by 1-3/4 by 7/8 in[35]	1 brownie	20	10	95	1	6	1.4	2.8	1.2
	Chocolate chip:									
426	Commercial, 2-1/4-in diam., 3/8 in thick	4 cookies	42	4	180	2	9	2.9	3.1	2.6

[35] Excepting angelfood cake, cakes were made from mixes containing vegetable shortening and frostings were made with margarine.

[36] Made with vegetable oil.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
576	638	1,008	2,017	15.5	1,208	2,515	1,550	465	1.22	1.66	11.1	1	402
36	40	63	126	1.0	75	157	100	29	0.08	0.10	0.7	Tr	403
1183	775	707	998	21.0	1,720	4,470	2,240	246	1.83	1.97	14.7	23	404
74	48	44	62	1.3	108	279	140	15	0.11	0.12	0.9	1	405
640	783	1,293	1,592	37.6	6,138	2,123	1,720	422	2.41	2.55	17.0	504	406
20	25	41	50	1.2	194	67	50	13	0.08	0.08	0.5	16	407
552	434	497	793	11.7	614	2,331	1,320	373	1.24	1.40	10.1	2	408
61	48	55	88	1.3	68	258	150	41	0.14	0.15	1.1	Tr	409
636	694	548	822	11.0	669	2,488	2,190	647	1.21	1.42	9.9	2	410
70	77	61	91	1.2	74	275	240	71	0.13	0.16	1.1	Tr	411
555	265	339	473	9.3	483	1,645	3,470	1,033	0.93	1.08	7.8	1	412
32	15	20	28	0.5	28	96	200	60	0.05	0.06	0.5	Tr	413
1100	257	146	517	8.0	443	1,857	2,820	715	0.96	1.12	8.1	0	414
64	15	8	30	0.5	26	108	160	41	0.06	0.06	0.5	0	415
15	17	21	26	1.0	34	105	20	4	0.06	0.09	0.7	0	416
7	27	14	44	0.6	37	155	30	9	0.07	0.06	0.6	0	417
46	670	536	1,585	15.5	832	2,827	640	194	3.19	2.05	27.6	0	418
3	42	33	99	1.0	52	176	40	12	0.20	0.13	1.7	0	419
609	620	366	1,884	19.9	1,972	3,080	1,850	488	0.78	2.22	10.0	0	420
38	39	23	117	1.2	123	192	120	30	0.05	0.14	0.6	0	421
2053	317	622	977	5.3	1,088	2,464	2,820	833	0.33	1.44	5.1	56	422
170	26	52	81	0.4	90	204	230	69	0.03	0.12	0.4	5	423
14	16	13	26	0.6	50	59	70	18	0.08	0.07	0.3	Tr	424
18	11	9	26	0.4	35	51	20	6	0.05	0.05	0.3	Tr	425
5	28	13	41	0.8	68	140	50	15	0.10	0.23	1.0	Tr	426

[37]Cake made with vegetable shortening; frosting with margarine.
[38]Made with margarine.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Grain Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Cookies made with enriched flour:									
	Chocolate chip:									
427	From home recipe, 2-1/3-in diam.[25]	4 cookies	40	3	185	2	11	3.9	4.3	2.0
428	From refrigerated dough, 2-1/4-in diam., 3/8 in thick	4 cookies	48	5	225	2	11	4.0	4.4	2.0
429	Fig bars, square, 1-5/8 by 1-5/8 by 3/8 in or rectangular, 1-1/2 by 1-3/4 by 1/2 in	4 cookies	56	12	210	2	4	1.0	1.5	1.0
430	Oatmeal with raisins, 2-5/8-in diam., 1/4 in thick	4 cookies	52	4	245	3	10	2.5	4.5	2.8
431	Peanut butter cookie, from home recipe, 2-5/8-in diam.[25]	4 cookies	48	3	245	4	14	4.0	5.8	2.8
432	Sandwich type (chocolate or vanilla), 1-3/4-in diam., 3/8 in thick	4 cookies	40	2	195	2	8	2.0	3.6	2.2
	Shortbread:									
433	Commercial	4 small cookies	32	6	155	2	8	2.9	3.0	1.1
434	From home recipe[38]	2 large cookies	28	3	145	2	8	1.3	2.7	3.4
435	Sugar cookie, from refrigerated dough, 2-1/2-in diam., 1/4 in thick	4 cookies	48	4	235	2	12	2.3	5.0	3.6
436	Vanilla wafers, 1-3/4-in diam., 1/4 in thick	10 cookies	40	4	185	2	7	1.8	3.0	1.8
437	Corn chips	1-oz package	28	1	155	2	9	1.4	2.4	3.7
	Cornmeal:									
438	Whole-ground, unbolted, dry form	1 cup	122	12	435	11	5	0.5	1.1	2.5
439	Bolted (nearly whole-grain), dry form	1 cup	122	12	440	11	4	0.5	0.9	2.2
	Degermed, enriched:									
440	Dry form	1 cup	138	12	500	11	2	0.2	0.4	0.9
441	Cooked	1 cup	240	88	120	3	Tr	Tr	0.1	0.2
	Crackers:[39]									
	Cheese:									
442	Plain, 1 in square	10 crackers	10	4	50	1	3	0.9	1.2	0.3
443	Sandwich type (peanut butter)	1 sandwich	8	3	40	1	2	0.4	0.8	0.3
444	Graham, plain, 2-1/2 in square	2 crackers	14	5	60	1	1	0.4	0.6	0.4
445	Melba toast, plain	1 piece	5	4	20	1	Tr	0.1	0.1	0.1
446	Rye wafers, whole-grain, 1-7/8 by 3-1/2 in	2 wafers	14	5	55	1	1	0.3	0.4	0.3
447	Saltines[40]	4 crackers	12	4	50	1	1	0.5	0.4	0.2
448	Snack-type, standard	1 round cracker	3	3	15	Tr	1	0.2	0.4	0.1
449	Wheat, thin	4 crackers	8	3	35	1	1	0.5	0.5	0.4
450	Whole-wheat wafers	2 crackers	8	4	35	1	2	0.5	0.6	0.4
451	Croissants, made with enriched flour, 4-1/2 by 4 by 1-3/4 in	1 croissant	57	22	235	5	12	3.5	6.7	1.4
	Danish pastry, made with enriched flour:									
	Plain without fruit or nuts:									
452	Packaged ring, 12 oz	1 ring	340	27	1,305	21	71	21.8	28.6	15.6
453	Round piece, about 4-1/4-in diam., 1 in high	1 pastry	57	27	220	4	12	3.6	4.8	2.6
454	Ounce	1 oz	28	27	110	2	6	1.8	2.4	1.3
455	Fruit, round piece	1 pastry	65	30	235	4	13	3.9	5.2	2.9
	Doughnuts, made with enriched flour:									
456	Cake type, plain, 3-1/4-in diam., 1 in high	1 doughnut	50	21	210	3	12	2.8	5.0	3.0
457	Yeast-leavened, glazed, 3-3/4-in diam., 1-1/4 in high	1 doughnut	60	27	235	4	13	5.2	5.5	0.9
458	English muffins, plain, enriched	1 muffin	57	42	140	5	1	0.3	0.2	0.3
459	Toasted	1 muffin	50	29	140	5	1	0.3	0.2	0.3

[25]Made with vegetable shortening.
[38]Made with margarine.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
18	26	13	34	1.0	82	82	20	5	0.06	0.06	0.6	0	427
22	32	13	34	1.0	62	173	30	8	0.06	0.10	0.9	0	428
27	42	40	34	1.4	162	180	60	6	0.08	0.07	0.7	Tr	429
2	36	18	58	1.1	90	148	40	12	0.09	0.08	1.0	0	430
22	28	21	60	1.1	110	142	20	5	0.07	0.07	1.9	0	431
0	29	12	40	1.4	66	189	0	0	0.09	0.07	0.8	0	432
27	20	13	39	0.8	38	123	30	8	0.10	0.09	0.9	0	433
0	17	6	31	0.6	18	125	300	89	0.08	0.06	0.7	Tr	434
29	31	50	91	0.9	33	261	40	11	0.09	0.06	1.1	0	435
25	29	16	36	0.8	50	150	50	14	0.07	0.10	1.0	0	436
0	16	35	52	0.5	52	233	110	11	0.04	0.05	0.4	1	437
0	90	24	312	2.2	346	1	620	62	0.46	0.13	2.4	0	438
0	91	21	272	2.2	303	1	590	59	0.37	0.10	2.3	0	439
0	108	8	137	5.9	166	1	610	61	0.61	0.36	4.8	0	440
0	26	2	34	1.4	38	0	140	14	0.14	0.10	1.2	0	441
6	6	11	17	0.3	17	112	20	5	0.05	0.04	0.4	0	442
1	5	7	25	0.3	17	90	Tr	Tr	0.04	0.03	0.6	0	443
0	11	6	20	0.4	36	86	0	0	0.02	0.03	0.6	0	444
0	4	6	10	0.1	11	44	0	0	0.01	0.01	0.1	0	445
0	10	7	44	0.5	65	115	0	0	0.06	0.03	0.5	0	446
4	9	3	12	0.5	17	165	0	0	0.06	0.05	0.6	0	447
0	2	3	6	0.1	4	30	Tr	Tr	0.01	0.01	0.1	0	448
0	5	3	15	0.3	17	69	Tr	Tr	0.04	0.03	0.4	0	449
0	5	3	22	0.2	31	59	0	0	0.02	0.03	0.4	0	450
13	27	20	64	2.1	68	452	50	13	0.17	0.13	1.3	0	451
292	152	360	347	6.5	316	1,302	360	99	0.95	1.02	8.5	Tr	452
49	26	60	58	1.1	53	218	60	17	0.16	0.17	1.4	Tr	453
24	13	30	29	0.5	26	109	30	8	0.08	0.09	0.7	Tr	454
56	28	17	80	1.3	57	233	40	11	0.16	0.14	1.4	Tr	455
20	24	22	111	1.0	58	192	20	5	0.12	0.12	1.1	Tr	456
21	26	17	55	1.4	64	222	Tr	Tr	0.28	0.12	1.8	0	457
0	27	96	67	1.7	331	378	0	0	0.26	0.19	2.2	0	458
0	27	96	67	1.7	331	378	0	0	0.23	0.19	2.2	0	459

[39]Crackers made with enriched flour except for rye wafers and whole-wheat wafers.
[40]Made with lard.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Grain Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
460	French toast, from home recipe	1 slice	65	53	155	6	7	1.6	2.0	1.6
	Macaroni, enriched, cooked (cut lengths, elbows, shells):									
461	Firm stage (hot)	1 cup	130	64	190	7	1	0.1	0.1	0.3
	Tender stage:									
462	Cold	1 cup	105	72	115	4	Tr	0.1	0.1	0.2
463	Hot	1 cup	140	72	155	5	1	0.1	0.1	0.2
	Muffins made with enriched flour, 2-1/2-in diam., 1-1/2 in high:									
	From home recipe:									
464	Blueberry[25]	1 muffin	45	37	135	3	5	1.5	2.1	1.2
465	Bran[36]	1 muffin	45	35	125	3	6	1.4	1.6	2.3
466	Corn (enriched, degermed cornmeal and flour)[25]	1 muffin	45	33	145	3	5	1.5	2.2	1.4
	From commercial mix (egg and water added):									
467	Blueberry	1 muffin	45	33	140	3	5	1.4	2.0	1.2
468	Bran	1 muffin	45	28	140	3	4	1.3	1.6	1.0
469	Corn	1 muffin	45	30	145	3	6	1.7	2.3	1.4
470	Noodles (egg noodles), enriched, cooked	1 cup	160	70	200	7	2	0.5	0.6	0.6
471	Noodles, chow mein, canned	1 cup	45	11	220	6	11	2.1	7.3	0.4
	Pancakes, 4-in diam.:									
472	Buckwheat, from mix (with buckwheat and enriched flours), egg and milk added	1 pancake	27	58	55	2	2	0.9	0.9	0.5
	Plain:									
473	From home recipe using enriched flour	1 pancake	27	50	60	2	2	0.5	0.8	0.5
474	From mix (with enriched flour), egg, milk, and oil added	1 pancake	27	54	60	2	2	0.5	0.9	0.5
	Piecrust, made with enriched flour and vegetable shortening, baked:									
475	From home recipe, 9-in diam.	1 pie shell	180	15	900	11	60	14.8	25.9	15.7
476	From mix, 9-in diam.	Piecrust for 2-crust pie	320	19	1,485	20	93	22.7	41.0	25.0
	Pies, piecrust made with enriched flour, vegetable shortening, 9-in diam.:									
	Apple:									
477	Whole	1 pie	945	48	2,420	21	105	27.4	44.4	26.5
478	Piece, 1/6 of pie	1 piece	158	48	405	3	18	4.6	7.4	4.4
	Blueberry:									
479	Whole	1 pie	945	51	2,285	23	102	25.5	44.4	27.4
480	Piece, 1/6 of pie	1 piece	158	51	380	4	17	4.3	7.4	4.6
	Cherry:									
481	Whole	1 pie	945	47	2,465	25	107	28.4	46.3	27.4
482	Piece, 1/6 of pie	1 piece	158	47	410	4	18	4.7	7.7	4.6
	Creme:									
483	Whole	1 pie	910	43	2,710	20	139	90.1	23.7	6.4
484	Piece, 1/6 of pie	1 piece	152	43	455	3	23	15.0	4.0	1.1
	Custard:									
485	Whole	1 pie	910	58	1,985	56	101	33.7	40.0	19.1
486	Piece, 1/6 of pie	1 piece	152	58	330	9	17	5.6	6.7	3.2
	Lemon meringue:									
487	Whole	1 pie	840	47	2,140	31	86	26.0	34.4	17.6
488	Piece, 1/6 of pie	1 piece	140	47	355	5	14	4.3	5.7	2.9
	Peach:									
489	Whole	1 pie	945	48	2,410	24	101	24.6	43.5	26.5
490	Piece, 1/6 of pie	1 piece	158	48	405	4	17	4.1	7.3	4.4

[25] Made with vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
112	17	72	85	1.3	86	257	110	32	0.12	0.16	1.0	Tr	460
0	39	14	85	2.1	103	1	0	0	0.23	0.13	1.8	0	461
0	24	8	53	1.3	64	1	0	0	0.15	0.08	1.2	0	462
0	32	11	70	1.7	85	1	0	0	0.20	0.11	1.5	0	463
19	20	54	46	0.9	47	198	40	9	0.10	0.11	0.9	1	464
24	19	60	125	1.4	99	189	230	30	0.11	0.13	1.3	3	465
23	21	66	59	0.9	57	169	80	15	0.11	0.11	0.9	Tr	466
45	22	15	90	0.9	54	225	50	11	0.10	0.17	1.1	Tr	467
28	24	27	182	1.7	50	385	100	14	0.08	0.12	1.9	0	468
42	22	30	128	1.3	31	291	90	16	0.09	0.09	0.8	Tr	469
50	37	16	94	2.6	70	3	110	34	0.22	0.13	1.9	0	470
5	26	14	41	0.4	33	450	0	0	0.05	0.03	0.6	0	471
20	6	59	91	0.4	66	125	60	17	0.04	0.05	0.2	Tr	472
16	9	27	38	0.5	33	115	30	10	0.06	0.07	0.5	Tr	473
16	8	36	71	0.7	43	160	30	7	0.09	0.12	0.8	Tr	474
0	79	25	90	4.5	90	1,100	0	0	0.54	0.40	5.0	0	475
0	141	131	272	9.3	179	2,602	0	0	1.06	0.80	9.9	0	476
0	360	76	208	9.5	756	2,844	280	28	1.04	0.76	9.5	9	477
0	60	13	35	1.6	126	476	50	5	0.17	0.13	1.6	2	478
0	330	104	217	12.3	945	2,533	850	85	1.04	0.85	10.4	38	479
0	55	17	36	2.1	158	423	140	14	0.17	0.14	1.7	6	480
0	363	132	236	9.5	992	2,873	4,160	416	1.13	0.85	9.5	0	481
0	61	22	40	1.6	166	480	700	70	0.19	0.14	1.6	0	482
46	351	273	919	6.8	796	2,207	1,250	391	0.36	0.89	6.4	0	483
8	59	46	154	1.1	133	369	210	65	0.06	0.15	1.1	0	484
1010	213	874	1,028	9.1	1,247	2,612	2,090	573	0.82	1.91	5.5	0	485
169	36	146	172	1.5	208	436	350	96	0.14	0.32	0.9	0	486
857	317	118	412	8.4	420	2,369	1,430	395	0.59	0.84	5.0	25	487
143	53	20	69	1.4	70	395	240	66	0.10	0.14	0.8	4	488
0	361	95	274	11.3	1,408	2,533	6,900	690	1.04	0.95	14.2	28	489
0	60	16	46	1.9	235	423	1,150	115	0.17	0.16	2.4	5	490

[36] Made with vegetable oil.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Grain Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Pies, piecrust made with enriched flour, vegetable shortening, 9-inch diam.:									
	Pecan:									
491	Whole	1 pie	825	20	3,450	42	189	28.1	101.5	47.0
492	Piece, 1/6 of pie	1 piece	138	20	575	7	32	4.7	17.0	7.9
	Pumpkin:									
493	Whole	1 pie	910	59	1,920	36	102	38.2	40.0	18.2
494	Piece, 1/6 of pie	1 piece	152	59	320	6	17	6.4	6.7	3.0
	Pies, fried:									
495	Apple	1 pie	85	43	255	2	14	5.8	6.6	0.6
496	Cherry	1 pie	85	42	250	2	14	5.8	6.7	0.6
	Popcorn, popped:									
497	Air-popped, unsalted	1 cup	8	4	30	1	Tr	Tr	0.1	0.2
498	Popped in vegetable oil, salted	1 cup	11	3	55	1	3	0.5	1.4	1.2
499	Sugar syrup coated	1 cup	35	4	135	2	1	0.1	0.3	0.6
	Pretzels, made with enriched flour:									
500	Stick, 2-1/4 in long	10 pretzels	3	3	10	Tr	Tr	Tr	Tr	Tr
501	Twisted, dutch, 2-3/4 by 2-5/8 in	1 pretzel	16	3	65	2	1	0.1	0.2	0.2
502	Twisted, thin, 3-1/4 by 2-1/4 by 1/4 in	10 pretzels	60	3	240	6	2	0.4	0.8	0.6
	Rice:									
503	Brown, cooked, served hot	1 cup	195	70	230	5	1	0.3	0.3	0.4
	White, enriched:									
	Commercial varieties, all types:									
504	Raw	1 cup	185	12	670	12	1	0.2	0.2	0.3
505	Cooked, served hot	1 cup	205	73	225	4	Tr	0.1	0.1	0.1
506	Instant, ready-to-serve, hot	1 cup	165	73	180	4	0	0.1	0.1	0.1
	Parboiled:									
507	Raw	1 cup	185	10	685	14	1	0.1	0.1	0.2
508	Cooked, served hot	1 cup	175	73	185	4	Tr	Tr	Tr	0.1
	Rolls, enriched:									
	Commercial:									
509	Dinner, 2-1/2-in diam., 2 in high	1 roll	28	32	85	2	2	0.5	0.8	0.6
510	Frankfurter and hamburger (8 per 11-1/2-oz pkg.)	1 roll	40	34	115	3	2	0.5	0.8	0.6
511	Hard, 3-3/4-in diam., 2 in high	1 roll	50	25	155	5	2	0.4	0.5	0.6
512	Hoagie or submarine, 11-1/2 by 3 by 2-1/2 in	1 roll	135	31	400	11	8	1.8	3.0	2.2
	From home recipe:									
513	Dinner, 2-1/2-in diam., 2 in high	1 roll	35	26	120	3	3	0.8	1.2	0.9
	Spaghetti, enriched, cooked:									
514	Firm stage, "al dente," served hot	1 cup	130	64	190	7	1	0.1	0.1	0.3
515	Tender stage, served hot	1 cup	140	73	155	5	1	0.1	0.1	0.2
516	Toaster pastries	1 pastry	54	13	210	2	6	1.7	3.6	0.4
517	Tortillas, corn	1 tortilla	30	45	65	2	1	0.1	0.3	0.6
	Waffles, made with enriched flour, 7-in diam.:									
518	From home recipe	1 waffle	75	37	245	7	13	4.0	4.9	2.6
519	From mix, egg and milk added	1 waffle	75	42	205	7	8	2.7	2.9	1.5
	Wheat flours:									
	All-purpose or family flour, enriched:									
520	Sifted, spooned	1 cup	115	12	420	12	1	0.2	0.1	0.5
521	Unsifted, spooned	1 cup	125	12	455	13	1	0.2	0.1	0.5
522	Cake or pastry flour, enriched, sifted, spooned	1 cup	96	12	350	7	1	0.1	0.1	0.3
523	Self-rising, enriched, unsifted, spooned	1 cup	125	12	440	12	1	0.2	0.1	0.5
524	Whole-wheat, from hard wheats, stirred	1 cup	120	12	400	16	2	0.3	0.3	1.1

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
569	423	388	850	27.2	1,015	1,823	1,320	322	1.82	0.99	6.6	0	491
95	71	65	142	4.6	170	305	220	54	0.30	0.17	1.1	0	492
655	223	464	628	8.2	1,456	1,947	22,480	2,493	0.82	1.27	7.3	0	493
109	37	78	105	1.4	243	325	3,750	416	0.14	0.21	1.2	0	494
14	31	12	34	0.9	42	326	30	3	0.09	0.06	1.0	1	495
13	32	11	41	0.7	61	371	190	19	0.06	0.06	0.6	1	496
0	6	1	22	0.2	20	Tr	10	1	0.03	0.01	0.2	0	497
0	6	3	31	0.3	19	86	20	2	0.01	0.02	0.1	0	498
0	30	2	47	0.5	90	Tr	30	3	0.13	0.02	0.4	0	499
0	2	1	3	0.1	3	48	0	0	0.01	0.01	0.1	0	500
0	13	4	15	0.3	16	258	0	0	0.05	0.04	0.7	0	501
0	48	16	55	1.2	61	966	0	0	0.19	0.15	2.6	0	502
0	50	23	142	1.0	137	0	0	0	0.18	0.04	2.7	0	503
0	149	44	174	5.4	170	9	0	0	0.81	0.06	6.5	0	504
0	50	21	57	1.8	57	0	0	0	0.23	0.02	2.1	0	505
0	40	5	31	1.3	0	0	0	0	0.21	0.02	1.7	0	506
0	150	111	370	5.4	278	17	0	0	0.81	0.07	6.5	0	507
0	41	33	100	1.4	75	0	0	0	0.19	0.02	2.1	0	508
Tr	14	33	44	0.8	36	155	Tr	Tr	0.14	0.09	1.1	Tr	509
Tr	20	54	44	1.2	56	241	Tr	Tr	0.20	0.13	1.6	Tr	510
Tr	30	24	46	1.4	49	313	0	0	0.20	0.12	1.7	0	511
Tr	72	100	115	3.8	128	683	0	0	0.54	0.33	4.5	0	512
12	20	16	36	1.1	41	98	30	8	0.12	0.12	1.2	0	513
0	39	14	85	2.0	103	1	0	0	0.23	0.13	1.8	0	514
0	32	11	70	1.7	85	1	0	0	0.20	0.11	1.5	0	515
0	38	104	104	2.2	91	248	520	52	0.17	0.18	2.3	4	516
0	13	42	55	0.6	43	1	80	8	0.05	0.03	0.4	0	517
102	26	154	135	1.5	129	445	140	39	0.18	0.24	1.5	Tr	518
59	27	179	257	1.2	146	515	170	49	0.14	0.23	0.9	Tr	519
0	88	18	100	5.1	109	2	0	0	0.73	0.46	6.1	0	520
0	95	20	109	5.5	119	3	0	0	0.80	0.50	6.6	0	521
0	76	16	70	4.2	91	2	0	0	0.58	0.38	5.1	0	522
0	93	331	583	5.5	113	1,349	0	0	0.80	0.50	6.6	0	523
0	85	49	446	5.2	444	4	0	0	0.66	0.14	5.2	0	524

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Legumes, Nuts, and Seeds		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Almonds, shelled:									
525	Slivered, packed	1 cup	135	4	795	27	70	6.7	45.8	14.8
526	Whole	1 oz	28	4	165	6	15	1.4	9.6	3.1
	Beans, dry:									
	Cooked, drained:									
527	Black	1 cup	171	66	225	15	1	0.1	0.1	0.5
528	Great Northern	1 cup	180	69	210	14	1	0.1	0.1	0.6
529	Lima	1 cup	190	64	260	16	1	0.2	0.1	0.5
530	Pea (navy)	1 cup	190	69	225	15	1	0.1	0.1	0.7
531	Pinto	1 cup	180	65	265	15	1	0.1	0.1	0.5
	Canned, solids and liquid:									
	White with:									
532	Frankfurters (sliced)	1 cup	255	71	365	19	18	7.4	8.8	0.7
533	Pork and tomato sauce	1 cup	255	71	310	16	7	2.4	2.7	0.7
534	Pork and sweet sauce	1 cup	255	66	385	16	12	4.3	4.9	1.2
535	Red kidney	1 cup	255	76	230	15	1	0.1	0.1	0.6
536	Black-eyed peas, dry, cooked (with residual cooking liquid)	1 cup	250	80	190	13	1	0.2	Tr	0.3
537	Brazil nuts, shelled	1 oz	28	3	185	4	19	4.6	6.5	6.8
538	Carob flour	1 cup	140	3	255	6	Tr	Tr	0.1	0.1
	Cashew nuts, salted:									
539	Dry roasted	1 cup	137	2	785	21	63	12.5	37.4	10.7
540		1 oz	28	2	165	4	13	2.6	7.7	2.2
541	Roasted in oil	1 cup	130	4	750	21	63	12.4	36.9	10.6
542		1 oz	28	4	165	5	14	2.7	8.1	2.3
543	Chestnuts, European (Italian), roasted, shelled	1 cup	143	40	350	5	3	0.6	1.1	1.2
544	Chickpeas, cooked, drained	1 cup	163	60	270	15	4	0.4	0.9	1.9
	Coconut:									
	Raw:									
545	Piece, about 2 by 2 by 1/2 in	1 piece	45	47	160	1	15	13.4	0.6	0.2
546	Shredded or grated	1 cup	80	47	285	3	27	23.8	1.1	0.3
547	Dried, sweetened, shredded	1 cup	93	13	470	3	33	29.3	1.4	0.4
548	Filberts (hazelnuts), chopped	1 cup	115	5	725	15	72	5.3	56.5	6.9
549		1 oz	28	5	180	4	18	1.3	13.9	1.7
550	Lentils, dry, cooked	1 cup	200	72	215	16	1	0.1	0.2	0.5
551	Macadamia nuts, roasted in oil, salted	1 cup	134	2	960	10	103	15.4	80.9	1.8
552		1 oz	28	2	205	2	22	3.2	17.1	0.4
	Mixed nuts, with peanuts, salted:									
553	Dry roasted	1 oz	28	2	170	5	15	2.0	8.9	3.1
554	Roasted in oil	1 oz	28	2	175	5	16	2.5	9.0	3.8
555	Peanuts, roasted in oil, salted	1 cup	145	2	840	39	71	9.9	35.5	22.6
556		1 oz	28	2	165	8	14	1.9	6.9	4.4
557	Peanut butter	1 tbsp	16	1	95	5	8	1.4	4.0	2.5
558	Peas, split, dry, cooked	1 cup	200	70	230	16	1	0.1	0.1	0.3
559	Pecans, halves	1 cup	108	5	720	8	73	5.9	45.5	18.1
560		1 oz	28	5	190	2	19	1.5	12.0	4.7
561	Pine nuts (pinyons), shelled	1 oz	28	6	160	3	17	2.7	6.5	7.3
562	Pistachio nuts, dried, shelled	1 oz	28	4	165	6	14	1.7	9.3	2.1
563	Pumpkin and squash kernels, dry, hulled	1 oz	28	7	155	7	13	2.5	4.0	5.9
564	Refried beans, canned	1 cup	290	72	295	18	3	0.4	0.6	1.4
565	Sesame seeds, dry, hulled	1 tbsp	8	5	45	2	4	0.6	1.7	1.9
566	Soybeans, dry, cooked, drained	1 cup	180	71	235	20	10	1.3	1.9	5.3
	Soy products:									
567	Miso	1 cup	276	53	470	29	13	1.8	2.6	7.3
568	Tofu, piece 2-1/2 by 2-3/4 by 1 in	1 piece	120	85	85	9	5	0.7	1.0	2.9
569	Sunflower seeds, dry, hulled	1 oz	28	5	160	6	14	1.5	2.7	9.3
570	Tahini	1 tbsp	15	3	90	3	8	1.1	3.0	3.5

[41] Cashews without salt contain 21 mg sodium per cup or 4 mg per oz.
[42] Cashews without salt contain 22 mg sodium per cup or 5 mg per oz.
[43] Macadamia nuts without salt contain 9 mg sodium per cup or 2 mg per oz.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	28	359	702	4.9	988	15	0	0	0.28	1.05	4.5	1	525
0	6	75	147	1.0	208	3	0	0	0.06	0.22	1.0	Tr	526
0	41	47	239	2.0	608	1	Tr	Tr	0.43	0.05	0.9	0	527
0	38	90	266	4.9	749	13	0	0	0.25	0.13	1.3	0	528
0	49	55	293	5.9	1,163	4	0	0	0.25	0.11	1.3	0	529
0	40	95	281	5.1	790	13	0	0	0.27	0.13	1.3	0	530
0	49	86	296	5.4	882	3	Tr	Tr	0.33	0.16	0.7	0	531
30	32	94	303	4.8	668	1,374	330	33	0.18	0.15	3.3	Tr	532
10	48	138	235	4.6	536	1,181	330	33	0.20	0.08	1.5	5	533
10	54	161	291	5.9	536	969	330	33	0.15	0.10	1.3	5	534
0	42	74	278	4.6	673	968	10	1	0.13	0.10	1.5	0	535
0	35	43	238	3.3	573	20	30	3	0.40	0.10	1.0	0	536
0	4	50	170	1.0	170	1	Tr	Tr	0.28	0.03	0.5	Tr	537
0	126	390	102	5.7	1,275	24	Tr	Tr	0.07	0.07	2.2	Tr	538
0	45	62	671	8.2	774	[41]877	0	0	0.27	0.27	1.9	0	539
0	9	13	139	1.7	160	[41]181	0	0	0.06	0.06	0.4	0	540
0	37	53	554	5.3	689	[42]814	0	0	0.55	0.23	2.3	0	541
0	8	12	121	1.2	150	[42]177	0	0	0.12	0.05	0.5	0	542
0	76	41	153	1.3	847	3	30	3	0.35	0.25	1.9	37	543
0	45	80	273	4.9	475	11	Tr	Tr	0.18	0.09	0.9	0	544
0	7	6	51	1.1	160	9	0	0	0.03	0.01	0.2	1	545
0	12	11	90	1.9	285	16	0	0	0.05	0.02	0.4	3	546
0	44	14	99	1.8	313	244	0	0	0.03	0.02	0.4	1	547
0	18	216	359	3.8	512	3	80	8	0.58	0.13	1.3	1	548
0	4	53	88	0.9	126	1	20	2	0.14	0.03	0.3	Tr	549
0	38	50	253	4.2	498	26	40	4	0.14	0.12	1.2	0	550
0	17	60	268	2.4	441	[43]348	10	1	0.29	0.15	2.7	0	551
0	4	13	57	0.5	93	[43]74	Tr	Tr	0.06	0.03	0.6	0	552
0	7	20	123	1.0	169	[44]190	Tr	Tr	0.06	0.06	1.3	0	553
0	6	31	131	0.9	165	[44]185	10	1	0.14	0.06	1.4	Tr	554
0	27	125	734	2.8	1,019	[45]626	0	0	0.42	0.15	21.5	0	555
0	5	24	143	0.5	199	[45]122	0	0	0.08	0.03	4.2	0	556
0	3	5	60	0.3	110	75	0	0	0.02	0.02	2.2	0	557
0	42	22	178	3.4	592	26	80	8	0.30	0.18	1.8	0	558
0	20	39	314	2.3	423	1	140	14	0.92	0.14	1.0	2	559
0	5	10	83	0.6	111	Tr	40	4	0.24	0.04	0.3	1	560
0	5	2	10	0.9	178	20	10	1	0.35	0.06	1.2	1	561
0	7	38	143	1.9	310	2	70	7	0.23	0.05	0.3	Tr	562
0	5	12	333	4.2	229	5	110	11	0.06	0.09	0.5	Tr	563
0	51	141	245	5.1	1,141	1,228	0	0	0.14	0.16	1.4	17	564
0	1	11	62	0.6	33	3	10	1	0.06	0.01	0.4	0	565
0	19	131	322	4.9	972	4	50	5	0.38	0.16	1.1	0	566
0	65	188	853	4.7	922	8,142	110	11	0.17	0.28	0.8	0	567
0	3	108	151	2.3	50	8	0	0	0.07	0.04	0.1	0	568
0	5	33	200	1.9	195	1	10	1	0.65	0.07	1.3	Tr	569
0	3	21	119	0.7	69	5	10	1	0.24	0.02	0.8	1	570

[44]Mixed nuts without salt contain 3 mg sodium per oz.
[45]Peanuts without salt contain 22 mg sodium per cup or 4 mg per oz.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Legumes, Nuts, and Seeds—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Walnuts:									
571	Black, chopped	1 cup	125	4	760	30	71	4.5	15.9	46.9
572		1 oz	28	4	170	7	16	1.0	3.6	10.6
573	English or Persian, pieces or chips	1 cup	120	4	770	17	74	6.7	17.0	47.0
574		1 oz	28	4	180	4	18	1.6	4.0	11.1
	Meat and Meat Products									
	Beef, cooked:[46]									
	Cuts braised, simmered, or pot roasted:									
	Relatively fat such as chuck blade:									
575	Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in	3 oz	85	43	325	22	26	10.8	11.7	0.9
576	Lean only from item 575	2.2 oz	62	53	170	19	9	3.9	4.2	0.3
	Relatively lean, such as bottom round:									
577	Lean and fat, piece, 4-1/8 by 2-1/4 by 1/2 in	3 oz	85	54	220	25	13	4.8	5.7	0.5
578	Lean only from item 577	2.8 oz	78	57	175	25	8	2.7	3.4	0.3
	Ground beef, broiled, patty, 3 by 5/8 in:									
579	Lean	3 oz	85	56	230	21	16	6.2	6.9	0.6
580	Regular	3 oz	85	54	245	20	18	6.9	7.7	0.7
581	Heart, lean, braised	3 oz	85	65	150	24	5	1.2	0.8	1.6
582	Liver, fried, slice, 6-1/2 by 2-3/8 by 3/8 in[47]	3 oz	85	56	185	23	7	2.5	3.6	1.3
	Roast, oven cooked, no liquid added:									
	Relatively fat, such as rib:									
583	Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in	3 oz	85	46	315	19	26	10.8	11.4	0.9
584	Lean only from item 583	2.2 oz	61	57	150	17	9	3.6	3.7	0.3
	Relatively lean, such as eye of round:									
585	Lean and fat, 2 pieces, 2-1/2 by 2-1/2 by 3/8 in	3 oz	85	57	205	23	12	4.9	5.4	0.5
586	Lean only from item 585	2.6 oz	75	63	135	22	5	1.9	2.1	0.2
	Steak:									
	Sirloin, broiled:									
587	Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in	3 oz	85	53	240	23	15	6.4	6.9	0.6
588	Lean only from item 587	2.5 oz	72	59	150	22	6	2.6	2.8	0.3
589	Beef, canned, corned	3 oz	85	59	185	22	10	4.2	4.9	0.4
590	Beef, dried, chipped	2.5 oz	72	48	145	24	4	1.8	2.0	0.2
	Lamb, cooked:									
	Chops, (3 per lb with bone):									
	Arm, braised:									
591	Lean and fat	2.2 oz	63	44	220	20	15	6.9	6.0	0.9
592	Lean only from item 591	1.7 oz	48	49	135	17	7	2.9	2.6	0.4
	Loin, broiled:									
593	Lean and fat	2.8 oz	80	54	235	22	16	7.3	6.4	1.0
594	Lean only from item 593	2.3 oz	64	61	140	19	6	2.6	2.4	0.4
	Leg, roasted:									
595	Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in	3 oz	85	59	205	22	13	5.6	4.9	0.8
596	Lean only from item 595	2.6 oz	73	64	140	20	6	2.4	2.2	0.4
	Rib, roasted:									
597	Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in	3 oz	85	47	315	18	26	12.1	10.6	1.5
598	Lean only from item 597	2 oz	57	60	130	15	7	3.2	3.0	0.5

[46]Outer layer of fat was removed to within approximately 1/2 inch of the lean. Deposits of fat within the cut were not removed.

[47]Fried in vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	15	73	580	3.8	655	1	370	37	0.27	0.14	0.9	Tr	571
0	3	16	132	0.9	149	Tr	80	8	0.06	0.03	0.2	Tr	572
0	22	113	380	2.9	602	12	150	15	0.46	0.18	1.3	4	573
0	5	27	90	0.7	142	3	40	4	0.11	0.04	0.3	1	574
87	0	11	163	2.5	163	53	Tr	Tr	0.06	0.19	2.0	0	575
66	0	8	146	2.3	163	44	Tr	Tr	0.05	0.17	1.7	0	576
81	0	5	217	2.8	248	43	Tr	Tr	0.06	0.21	3.3	0	577
75	0	4	212	2.7	240	40	Tr	Tr	0.06	0.20	3.0	0	578
74	0	9	134	1.8	256	65	Tr	Tr	0.04	0.18	4.4	0	579
76	0	9	144	2.1	248	70	Tr	Tr	0.03	0.16	4.9	0	580
164	0	5	213	6.4	198	54	Tr	Tr	0.12	1.31	3.4	5	581
410	7	9	392	5.3	309	90	[48]30,690	[48]9,120	0.18	3.52	12.3	23	582
72	0	8	145	2.0	246	54	Tr	Tr	0.06	0.16	3.1	0	583
49	0	5	127	1.7	218	45	Tr	Tr	0.05	0.13	2.7	0	584
62	0	5	177	1.6	308	50	Tr	Tr	0.07	0.14	3.0	0	585
52	0	3	170	1.5	297	46	Tr	Tr	0.07	0.13	2.8	0	586
77	0	9	186	2.6	306	53	Tr	Tr	0.10	0.23	3.3	0	587
64	0	8	176	2.4	290	48	Tr	Tr	0.09	0.22	3.1	0	588
80	0	17	90	3.7	51	802	Tr	Tr	0.02	0.20	2.9	0	589
46	0	14	287	2.3	142	3,053	Tr	Tr	0.05	0.23	2.7	0	590
77	0	16	132	1.5	195	46	Tr	Tr	0.04	0.16	4.4	0	591
59	0	12	111	1.3	162	36	Tr	Tr	0.03	0.13	3.0	0	592
78	0	16	162	1.4	272	62	Tr	Tr	0.09	0.21	5.5	0	593
60	0	12	145	1.3	241	54	Tr	Tr	0.08	0.18	4.4	0	594
78	0	8	162	1.7	273	57	Tr	Tr	0.09	0.24	5.5	0	595
65	0	6	150	1.5	247	50	Tr	Tr	0.08	0.20	4.6	0	596
77	0	19	139	1.4	224	60	Tr	Tr	0.08	0.18	5.5	0	597
50	0	12	111	1.0	179	46	Tr	Tr	0.05	0.13	3.5	0	598

[48] Value varies widely.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Meat and Meat Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Pork, cured, cooked:									
	Bacon:									
599	Regular	3 medium slices	19	13	110	6	9	3.3	4.5	1.1
600	Canadian-style	2 slices	46	62	85	11	4	1.3	1.9	0.4
	Ham, light cure, roasted:									
601	Lean and fat, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in	3 oz	85	58	205	18	14	5.1	6.7	1.5
602	Lean only from item 601	2.4 oz	68	66	105	17	4	1.3	1.7	0.4
603	Ham, canned, roasted, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in	3 oz	85	67	140	18	7	2.4	3.5	0.8
	Luncheon meat:									
604	Canned, spiced or unspiced, slice, 3 by 2 by 1/2 in	2 slices	42	52	140	5	13	4.5	6.0	1.5
605	Chopped ham (8 slices per 6 oz pkg)	2 slices	42	64	95	7	7	2.4	3.4	0.9
	Cooked ham (8 slices per 8-oz pkg):									
606	Regular	2 slices	57	65	105	10	6	1.9	2.8	0.7
607	Extra lean	2 slices	57	71	75	11	3	0.9	1.3	0.3
	Pork, fresh, cooked:									
	Chop, loin (cut 3 per lb with bone):									
	Broiled:									
608	Lean and fat	3.1 oz	87	50	275	24	19	7.0	8.8	2.2
609	Lean only from item 608	2.5 oz	72	57	165	23	8	2.6	3.4	0.9
	Pan fried:									
610	Lean and fat	3.1 oz	89	45	335	21	27	9.8	12.5	3.1
611	Lean only from item 610	2.4 oz	67	54	180	19	11	3.7	4.8	1.3
	Ham (leg), roasted:									
612	Lean and fat, piece, 2-1/2 by 2-1/2 by 3/4 in	3 oz	85	53	250	21	18	6.4	8.1	2.0
613	Lean only from item 612	2.5 oz	72	60	160	20	8	2.7	3.6	1.0
	Rib, roasted:									
614	Lean and fat, piece, 2-1/2 by 3/4 in	3 oz	85	51	270	21	20	7.2	9.2	2.3
615	Lean only from item 614	2.5 oz	71	57	175	20	10	3.4	4.4	1.2
	Shoulder cut, braised:									
616	Lean and fat, 3 pieces, 2-1/2 by 2-1/2 by 1/4 in	3 oz	85	47	295	23	22	7.9	10.0	2.4
617	Lean only from item 616	2.4 oz	67	54	165	22	8	2.8	3.7	1.0
	Sausages (See also Luncheon meats, items 604-607):									
618	Bologna, slice (8 per 8-oz pkg)	2 slices	57	54	180	7	16	6.1	7.6	1.4
619	Braunschweiger, slice (6 per 6-oz pkg)	2 slices	57	48	205	8	18	6.2	8.5	2.1
620	Brown and serve (10-11 per 8-oz pkg), browned	1 link	13	45	50	2	5	1.7	2.2	0.5
621	Frankfurter (10 per 1-lb pkg), cooked (reheated)	1 frankfurter	45	54	145	5	13	4.8	6.2	1.2
622	Pork link (16 per 1-lb pkg), cooked[50]	1 link	13	45	50	3	4	1.4	1.8	0.5
	Salami:									
623	Cooked type, slice (8 per 8-oz pkg)	2 slices	57	60	145	8	11	4.6	5.2	1.2
624	Dry type, slice (12 per 4-oz pkg)	2 slices	20	35	85	5	7	2.4	3.4	0.6
625	Sandwich spread (pork, beef)	1 tbsp	15	60	35	1	3	0.9	1.1	0.4
626	Vienna sausage (7 per 4-oz can)	1 sausage	16	60	45	2	4	1.5	2.0	0.3
	Veal, medium fat, cooked, bone removed:									
627	Cutlet, 4-1/8 by 2-1/4 by 1/2 in, braised or broiled	3 oz	85	60	185	23	9	4.1	4.1	0.6
628	Rib, 2 pieces, 4-1/8 by 2-1/4 by 1/4 in, roasted	3 oz	85	55	230	23	14	6.0	6.0	1.0

[49] Contains added sodium ascorbate. If sodium ascorbate is not added, ascorbic acid content is negligible.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
16	Tr	2	64	0.3	92	303	0	0	0.13	0.05	1.4	6	599
27	1	5	136	0.4	179	711	0	0	0.38	0.09	3.2	10	600
53	0	6	182	0.7	243	1,009	0	0	0.51	0.19	3.8	0	601
37	0	5	154	0.6	215	902	0	0	0.46	0.17	3.4	0	602
35	Tr	6	188	0.9	298	908	0	0	0.82	0.21	4.3	[49]19	603
26	1	3	34	0.3	90	541	0	0	0.15	0.08	1.3	Tr	604
21	0	3	65	0.3	134	576	0	0	0.27	0.09	1.6	[49]8	605
32	2	4	141	0.6	189	751	0	0	0.49	0.14	3.0	[49]16	606
27	1	4	124	0.4	200	815	0	0	0.53	0.13	2.8	[49]15	607
84	0	3	184	0.7	312	61	10	3	0.87	0.24	4.3	Tr	608
71	0	4	176	0.7	302	56	10	1	0.83	0.22	4.0	Tr	609
92	0	4	190	0.7	323	64	10	3	0.91	0.24	4.6	Tr	610
72	0	3	178	0.7	305	57	10	1	0.84	0.22	4.0	Tr	611
79	0	5	210	0.9	280	50	10	2	0.54	0.27	3.9	Tr	612
68	0	5	202	0.8	269	46	10	1	0.50	0.25	3.6	Tr	613
69	0	9	190	0.8	313	37	10	3	0.50	0.24	4.2	Tr	614
56	0	8	182	0.7	300	33	10	2	0.45	0.22	3.8	Tr	615
93	0	6	162	1.4	286	75	10	3	0.46	0.26	4.4	Tr	616
76	0	5	151	1.3	271	68	10	1	0.40	0.24	4.0	Tr	617
31	2	7	52	0.9	103	581	0	0	0.10	0.08	1.5	[49]12	618
89	2	5	96	5.3	113	652	8,010	2,405	0.14	0.87	4.8	[49]6	619
9	Tr	1	14	0.1	25	105	0	0	0.05	0.02	0.4	0	620
23	1	5	39	0.5	75	504	0	0	0.09	0.05	1.2	[49]12	621
11	Tr	4	24	0.2	47	168	0	0	0.10	0.03	0.6	Tr	622
37	1	7	66	1.5	113	607	0	0	0.14	0.21	2.0	[49]7	623
16	1	2	28	0.3	76	372	0	0	0.12	0.06	1.0	[49]5	624
6	2	2	9	0.1	17	152	10	1	0.03	0.02	0.3	0	625
8	Tr	2	8	0.1	16	152	0	0	0.01	0.02	0.3	0	626
109	0	9	196	0.8	258	56	Tr	Tr	0.06	0.21	4.6	0	627
109	0	10	211	0.7	259	57	Tr	Tr	0.11	0.26	6.6	0	628

[50] One patty (8 per pound) of bulk sausage is equivalent to 2 links.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Mixed Dishes and Fast Foods		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Mixed dishes:									
629	Beef and vegetable stew, from home recipe	1 cup	245	82	220	16	11	4.4	4.5	0.5
630	Beef potpie, from home recipe, baked, piece, 1/3 of 9-in diam. pie[51]	1 piece	210	55	515	21	30	7.9	12.9	7.4
631	Chicken a la king, cooked, from home recipe	1 cup	245	68	470	27	34	12.9	13.4	6.2
632	Chicken and noodles, cooked, from home recipe	1 cup	240	71	365	22	18	5.1	7.1	3.9
	Chicken chow mein:									
633	Canned	1 cup	250	89	95	7	Tr	0.1	0.1	0.8
634	From home recipe	1 cup	250	78	255	31	10	4.1	4.9	3.5
635	Chicken potpie, from home recipe, baked, piece, 1/3 of 9-in diam. pie[51]	1 piece	232	57	545	23	31	10.3	15.5	6.6
636	Chili con carne with beans, canned	1 cup	255	72	340	19	16	5.8	7.2	1.0
637	Chop suey with beef and pork, from home recipe	1 cup	250	75	300	26	17	4.3	7.4	4.2
	Macaroni (enriched) and cheese:									
638	Canned[52]	1 cup	240	80	230	9	10	4.7	2.9	1.3
639	From home recipe[38]	1 cup	200	58	430	17	22	9.8	7.4	3.6
640	Quiche Lorraine, 1/8 of 8-in diam. quiche[51]	1 slice	176	47	600	13	48	23.2	17.8	4.1
	Spaghetti (enriched) in tomato sauce with cheese:									
641	Canned	1 cup	250	80	190	6	2	0.4	0.4	0.5
642	From home recipe	1 cup	250	77	260	9	9	3.0	3.6	1.2
	Spaghetti (enriched) with meatballs and tomato sauce:									
643	Canned	1 cup	250	78	260	12	10	2.4	3.9	3.1
644	From home recipe	1 cup	248	70	330	19	12	3.9	4.4	2.2
	Fast food entrees:									
	Cheeseburger:									
645	Regular	1 sandwich	112	46	300	15	15	7.3	5.6	1.0
646	4 oz patty	1 sandwich	194	46	525	30	31	15.1	12.2	1.4
	Chicken, fried. See Poultry and Poultry Products (items 656-659).									
647	Enchilada	1 enchilada	230	72	235	20	16	7.7	6.7	0.6
648	English muffin, egg, cheese, and bacon	1 sandwich	138	49	360	18	18	8.0	8.0	0.7
	Fish sandwich:									
649	Regular, with cheese	1 sandwich	140	43	420	16	23	6.3	6.9	7.7
650	Large, without cheese	1 sandwich	170	48	470	18	27	6.3	8.7	9.5
	Hamburger:									
651	Regular	1 sandwich	98	46	245	12	11	4.4	5.3	0.5
652	4 oz patty	1 sandwich	174	50	445	25	21	7.1	11.7	0.6
653	Pizza, cheese, 1/8 of 15-in diam. pizza[51]	1 slice	120	46	290	15	9	4.1	2.6	1.3
654	Roast beef sandwich	1 sandwich	150	52	345	22	13	3.5	6.9	1.8
655	Taco	1 taco	81	55	195	9	11	4.1	5.5	0.8

[38] Made with margarine.

[51] Crust made with vegetable shortening and enriched flour.

Nutrients in indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
71	15	29	184	2.9	613	292	5,690	568	0.15	0.17	4.7	17	629
42	39	29	149	3.8	334	596	4,220	517	0.29	0.29	4.8	6	630
221	12	127	358	2.5	404	760	1,130	272	0.10	0.42	5.4	12	631
103	26	26	247	2.2	149	600	430	130	0.05	0.17	4.3	Tr	632
8	18	45	85	1.3	418	725	150	28	0.05	0.10	1.0	13	633
75	10	58	293	2.5	473	718	280	50	0.08	0.23	4.3	10	634
56	42	70	232	3.0	343	594	7,220	735	0.32	0.32	4.9	5	635
28	31	82	321	4.3	594	1,354	150	15	0.08	0.18	3.3	8	636
68	13	60	248	4.8	425	1,053	600	60	0.28	0.38	5.0	33	637
24	26	199	182	1.0	139	730	260	72	0.12	0.24	1.0	Tr	638
44	40	362	322	1.8	240	1,086	860	232	0.20	0.40	1.8	1	639
285	29	211	276	1.0	283	653	1,640	454	0.11	0.32	Tr	Tr	640
3	29	40	88	2.8	303	955	930	120	0.35	0.28	4.5	10	641
9	37	80	135	2.3	408	955	1,080	140	0.25	0.18	2.3	13	642
23	29	53	113	3.3	245	1,220	1,000	100	0.15	0.18	2.3	5	643
89	39	124	236	3.7	665	1,009	1,590	159	0.25	0.30	4.0	22	644
44	28	135	174	2.3	219	672	340	65	0.26	0.24	3.7	1	645
104	40	236	320	4.5	407	1,224	670	128	0.33	0.48	7.4	3	646
19	24	97	198	3.3	653	1,332	2,720	352	0.18	0.26	Tr	Tr	647
213	31	197	290	3.1	201	832	650	160	0.46	0.50	3.7	1	648
56	39	132	223	1.8	274	667	160	25	0.32	0.26	3.3	2	649
91	41	61	246	2.2	375	621	110	15	0.35	0.23	3.5	1	650
32	28	56	107	2.2	202	463	80	14	0.23	0.24	3.8	1	651
71	38	75	225	4.8	404	763	160	28	0.38	0.38	7.8	1	652
56	39	220	216	1.6	230	699	750	106	0.34	0.29	4.2	2	653
55	34	60	222	4.0	338	757	240	32	0.40	0.33	6.0	2	654
21	15	109	134	1.2	263	456	420	57	0.09	0.07	1.4	1	655

[52]Made with corn oil.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Poultry and Poultry Products		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Chicken:									
	Fried, flesh, with skin:[53]									
	Batter dipped:									
656	Breast, 1/2 breast (5.6 oz with bones)	4.9 oz	140	52	365	35	18	4.9	7.6	4.3
657	Drumstick (3.4 oz with bones)	2.5 oz	72	53	195	16	11	3.0	4.6	2.7
	Flour coated:									
658	Breast, 1/2 breast (4.2 oz with bones)	3.5 oz	98	57	220	31	9	2.4	3.4	1.9
659	Drumstick (2.6 oz with bones)	1.7 oz	49	57	120	13	7	1.8	2.7	1.6
	Roasted, flesh only:									
660	Breast, 1/2 breast (4.2 oz with bones and skin)	3.0 oz	86	65	140	27	3	0.9	1.1	0.7
661	Drumstick, (2.9 oz with bones and skin)	1.6 oz	44	67	75	12	2	0.7	0.8	0.6
662	Stewed, flesh only, light and dark meat, chopped or diced	1 cup	140	67	250	38	9	2.6	3.3	2.2
663	Chicken liver, cooked	1 liver	20	68	30	5	1	0.4	0.3	0.2
664	Duck, roasted, flesh only	1/2 duck	221	64	445	52	25	9.2	8.2	3.2
	Turkey, roasted, flesh only:									
665	Dark meat, piece, 2-1/2 by 1-5/8 by 1/4 in	4 pieces	85	63	160	24	6	2.1	1.4	1.8
666	Light meat, piece, 4 by 2 by 1/4 in	2 pieces	85	66	135	25	3	0.9	0.5	0.7
	Light and dark meat:									
667	Chopped or diced	1 cup	140	65	240	41	7	2.3	1.4	2.0
668	Pieces (1 slice white meat, 4 by 2 by 1/4 in and 2 slices dark meat, 2-1/2 by 1-5/8 by 1/4 in)	3 pieces	85	65	145	25	4	1.4	0.9	1.2
	Poultry food products:									
	Chicken:									
669	Canned, boneless	5 oz	142	69	235	31	11	3.1	4.5	2.5
670	Frankfurter (10 per 1-lb pkg)	1 frankfurter	45	58	115	6	9	2.5	3.8	1.8
671	Roll, light (6 slices per 6 oz pkg)	2 slices	57	69	90	11	4	1.1	1.7	0.9
	Turkey:									
672	Gravy and turkey, frozen	5-oz package	142	85	95	8	4	1.2	1.4	0.7
673	Ham, cured turkey thigh meat (8 slices per 8-oz pkg)	2 slices	57	71	75	11	3	1.0	0.7	0.9
674	Loaf, breast meat (8 slices per 6-oz pkg)	2 slices	42	72	45	10	1	0.2	0.2	0.1
675	Patties, breaded, battered, fried (2.25 oz)	1 patty	64	50	180	9	12	3.0	4.8	3.0
676	Roast, boneless, frozen, seasoned, light and dark meat, cooked	3 oz	85	68	130	18	5	1.6	1.0	1.4
	Soups, Sauces, and Gravies									
	Soups:									
	Canned, condensed:									
	Prepared with equal volume of milk:									
677	Clam chowder, New England	1 cup	248	85	165	9	7	3.0	2.3	1.1
678	Cream of chicken	1 cup	248	85	190	7	11	4.6	4.5	1.6
679	Cream of mushroom	1 cup	248	85	205	6	14	5.1	3.0	4.6
680	Tomato	1 cup	248	85	160	6	6	2.9	1.6	1.1

[53] Fried in vegetable shortening.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
119	13	28	259	1.8	281	385	90	28	0.16	0.20	14.7	0	656
62	6	12	106	1.0	134	194	60	19	0.08	0.15	3.7	0	657
87	2	16	228	1.2	254	74	50	15	0.08	0.13	13.5	0	658
44	1	6	86	0.7	112	44	40	12	0.04	0.11	3.0	0	659
73	0	13	196	0.9	220	64	20	5	0.06	0.10	11.8	0	660
41	0	5	81	0.6	108	42	30	8	0.03	0.10	2.7	0	661
116	0	20	210	1.6	252	98	70	21	0.07	0.23	8.6	0	662
126	Tr	3	62	1.7	28	10	3,270	983	0.03	0.35	0.9	3	663
197	0	27	449	6.0	557	144	170	51	0.57	1.04	11.3	0	664
72	0	27	173	2.0	246	67	0	0	0.05	0.21	3.1	0	665
59	0	16	186	1.1	259	54	0	0	0.05	0.11	5.8	0	666
106	0	35	298	2.5	417	98	0	0	0.09	0.25	7.6	0	667
65	0	21	181	1.5	253	60	0	0	0.05	0.15	4.6	0	668
88	0	20	158	2.2	196	714	170	48	0.02	0.18	9.0	3	669
45	3	43	48	0.9	38	616	60	17	0.03	0.05	1.4	0	670
28	1	24	89	0.6	129	331	50	14	0.04	0.07	3.0	0	671
26	7	20	115	1.3	87	787	60	18	0.03	0.18	2.6	0	672
32	Tr	6	108	1.6	184	565	0	0	0.03	0.14	2.0	0	673
17	0	3	97	0.2	118	608	0	0	0.02	0.05	3.5	[54]0	674
40	10	9	173	1.4	176	512	20	7	0.06	0.12	1.5	0	675
45	3	4	207	1.4	253	578	0	0	0.04	0.14	5.3	0	676
22	17	186	156	1.5	300	992	160	40	0.07	0.24	1.0	3	677
27	15	181	151	0.7	273	1,047	710	94	0.07	0.26	0.9	1	678
20	15	179	156	0.6	270	1,076	150	37	0.08	0.28	0.9	2	679
17	22	159	149	1.8	449	932	850	109	0.13	0.25	1.5	68	680

[54]If sodium ascorbate is added, product contains 11 mg ascorbic acid.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Soups, Sauces, and Gravies—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Soups:									
	Canned, condensed:									
	Prepared with equal volume of water:									
681	Bean with bacon	1 cup	253	84	170	8	6	1.5	2.2	1.8
682	Beef broth, bouillon, consomme	1 cup	240	98	15	3	1	0.3	0.2	Tr
683	Beef noodle	1 cup	244	92	85	5	3	1.1	1.2	0.5
684	Chicken noodle	1 cup	241	92	75	4	2	0.7	1.1	0.6
685	Chicken rice	1 cup	241	94	60	4	2	0.5	0.9	0.4
686	Clam chowder, Manhattan	1 cup	244	90	80	4	2	0.4	0.4	1.3
687	Cream of chicken	1 cup	244	91	115	3	7	2.1	3.3	1.5
688	Cream of mushroom	1 cup	244	90	130	2	9	2.4	1.7	4.2
689	Minestrone	1 cup	241	91	80	4	3	0.6	0.7	1.1
690	Pea, green	1 cup	250	83	165	9	3	1.4	1.0	0.4
691	Tomato	1 cup	244	90	85	2	2	0.4	0.4	1.0
692	Vegetable beef	1 cup	244	92	80	6	2	0.9	0.8	0.1
693	Vegetarian	1 cup	241	92	70	2	2	0.3	0.8	0.7
	Dehydrated:									
	Unprepared:									
694	Bouillon	1 pkt	6	3	15	1	1	0.3	0.2	Tr
695	Onion	1 pkt	7	4	20	1	Tr	0.1	0.2	Tr
	Prepared with water:									
696	Chicken noodle	1 pkt (6-fl-oz)	188	94	40	2	1	0.2	0.4	0.3
697	Onion	1 pkt (6-fl-oz)	184	96	20	1	Tr	0.1	0.2	0.1
698	Tomato vegetable	1 pkt (6-fl-oz)	189	94	40	1	1	0.3	0.2	0.1
	Sauces:									
	From dry mix:									
699	Cheese, prepared with milk	1 cup	279	77	305	16	17	9.3	5.3	1.6
700	Hollandaise, prepared with water	1 cup	259	84	240	5	20	11.6	5.9	0.9
701	White sauce, prepared with milk	1 cup	264	81	240	10	13	6.4	4.7	1.7
	From home recipe:									
702	White sauce, medium[55]	1 cup	250	73	395	10	30	9.1	11.9	7.2
	Ready to serve:									
703	Barbecue	1 tbsp	16	81	10	Tr	Tr	Tr	0.1	0.1
704	Soy	1 tbsp	18	68	10	2	0	0.0	0.0	0.0
	Gravies:									
	Canned:									
705	Beef	1 cup	233	87	125	9	5	2.7	2.3	0.2
706	Chicken	1 cup	238	85	190	5	14	3.4	6.1	3.6
707	Mushroom	1 cup	238	89	120	3	6	1.0	2.8	2.4
	From dry mix:									
708	Brown	1 cup	261	91	80	3	2	0.9	0.8	0.1
709	Chicken	1 cup	260	91	85	3	2	0.5	0.9	0.4
	Sugars and Sweets									
	Candy:									
710	Caramels, plain or chocolate	1 oz	28	8	115	1	3	2.2	0.3	0.1
	Chocolate:									
711	Milk, plain	1 oz	28	1	145	2	9	5.4	3.0	0.3
712	Milk, with almonds	1 oz	28	2	150	3	10	4.8	4.1	0.7
713	Milk, with peanuts	1 oz	28	1	155	4	11	4.2	3.5	1.5
714	Milk, with rice cereal	1 oz	28	2	140	2	7	4.4	2.5	0.2
715	Semisweet, small pieces (60 per oz)	1 cup or 6 oz	170	1	860	7	61	36.2	19.9	1.9
716	Sweet (dark)	1 oz	28	1	150	1	10	5.9	3.3	0.3
717	Fondant, uncoated (mints, candy corn, other)	1 oz	28	3	105	Tr	0	0.0	0.0	0.0
718	Fudge, chocolate, plain	1 oz	28	8	115	1	3	2.1	1.0	0.1
719	Gum drops	1 oz	28	12	100	Tr	Tr	Tr	Tr	0.1

[55] Made with enriched flour, margarine, and whole milk.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
3	23	81	132	2.0	402	951	890	89	0.09	0.03	0.6	2	681
Tr	Tr	14	31	0.4	130	782	0	0	Tr	0.05	1.9	0	682
5	9	15	46	1.1	100	952	630	63	0.07	0.06	1.1	Tr	683
7	9	17	36	0.8	55	1,106	710	71	0.05	0.06	1.4	Tr	684
7	7	17	22	0.7	101	815	660	66	0.02	0.02	1.1	Tr	685
2	12	34	59	1.9	261	1,808	920	92	0.06	0.05	1.3	3	686
10	9	34	37	0.6	88	986	560	56	0.03	0.06	0.8	Tr	687
2	9	46	49	0.5	100	1,032	0	0	0.05	0.09	0.7	1	688
2	11	34	55	0.9	313	911	2,340	234	0.05	0.04	0.9	1	689
0	27	28	125	2.0	190	988	200	20	0.11	0.07	1.2	2	690
0	17	12	34	1.8	264	871	690	69	0.09	0.05	1.4	66	691
5	10	17	41	1.1	173	956	1,890	189	0.04	0.05	1.0	2	692
0	12	22	34	1.1	210	822	3,010	301	0.05	0.05	0.9	1	693
1	1	4	19	0.1	27	1,019	Tr	Tr	Tr	0.01	0.3	0	694
Tr	4	10	23	0.1	47	627	Tr	Tr	0.02	0.04	0.4	Tr	695
2	6	24	24	0.4	23	957	50	5	0.05	0.04	0.7	Tr	696
0	4	9	22	0.1	48	635	Tr	Tr	0.02	0.04	0.4	Tr	697
0	8	6	23	0.5	78	856	140	14	0.04	0.03	0.6	5	698
53	23	569	438	0.3	552	1,565	390	117	0.15	0.56	0.3	2	699
52	14	124	127	0.9	124	1,564	730	220	0.05	0.15	0.1	Tr	700
34	21	425	256	0.3	444	797	310	92	0.08	0.45	0.5	3	701
32	24	292	238	0.9	381	888	1,190	340	0.15	0.43	0.8	2	702
0	2	3	3	0.1	28	130	140	14	Tr	Tr	0.1	1	703
0	2	3	38	0.5	64	1,029	0	0	0.01	0.02	0.6	0	704
7	11	14	70	1.6	189	117	0	0	0.07	0.08	1.5	0	705
5	13	48	69	1.1	259	1,373	880	264	0.04	0.10	1.1	0	706
0	13	17	36	1.6	252	1,357	0	0	0.08	0.15	1.6	0	707
2	14	66	47	0.2	61	1,147	0	0	0.04	0.09	0.9	0	708
3	14	39	47	0.3	62	1,134	0	0	0.05	0.15	0.8	3	709
1	22	42	35	0.4	54	64	Tr	Tr	0.01	0.05	0.1	Tr	710
6	16	50	61	0.4	96	23	30	10	0.02	0.10	0.1	Tr	711
5	15	65	77	0.5	125	23	30	8	0.02	0.12	0.2	Tr	712
5	13	49	83	0.4	138	19	30	8	0.07	0.07	1.4	Tr	713
6	18	48	57	0.2	100	46	30	8	0.01	0.08	0.1	Tr	714
0	97	51	178	5.8	593	24	30	3	0.10	0.14	0.9	Tr	715
0	16	7	41	0.6	86	5	10	1	0.01	0.04	0.1	Tr	716
0	27	2	Tr	0.1	1	57	0	0	Tr	Tr	Tr	0	717
1	21	22	24	0.3	42	54	Tr	Tr	0.01	0.03	0.1	Tr	718
0	25	2	Tr	0.1	1	10	0	0	0.00	Tr	Tr	0	719

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Sugars and Sweets—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Candy:									
720	Hard	1 oz	28	1	110	0	0	0.0	0.0	0.0
721	Jelly beans	1 oz	28	6	105	Tr	Tr	Tr	Tr	0.1
722	Marshmallows	1 oz	28	17	90	1	0	0.0	0.0	0.0
723	Custard, baked	1 cup	265	77	305	14	15	6.8	5.4	0.7
724	Gelatin dessert prepared with gelatin dessert powder and water	1/2 cup	120	84	70	2	0	0.0	0.0	0.0
725	Honey, strained or extracted	1 cup	339	17	1,030	1	0	0.0	0.0	0.0
726		1 tbsp	21	17	65	Tr	0	0.0	0.0	0.0
727	Jams and preserves	1 tbsp	20	29	55	Tr	Tr	0.0	Tr	Tr
728		1 packet	14	29	40	Tr	Tr	0.0	Tr	Tr
729	Jellies	1 tbsp	18	28	50	Tr	Tr	Tr	Tr	Tr
730		1 packet	14	28	40	Tr	Tr	Tr	Tr	Tr
731	Popsicle, 3-fl-oz size	1 popsicle	95	80	70	0	0	0.0	0.0	0.0
	Puddings:									
	Canned:									
732	Chocolate	5-oz can	142	68	205	3	11	9.5	0.5	0.1
733	Tapioca	5-oz can	142	74	160	3	5	4.8	Tr	Tr
734	Vanilla	5-oz can	142	69	220	2	10	9.5	0.2	0.1
	Dry mix, prepared with whole milk:									
	Chocolate:									
735	Instant	1/2 cup	130	71	155	4	4	2.3	1.1	0.2
736	Regular (cooked)	1/2 cup	130	73	150	4	4	2.4	1.1	0.1
737	Rice	1/2 cup	132	73	155	4	4	2.3	1.1	0.1
738	Tapioca	1/2 cup	130	75	145	4	4	2.3	1.1	0.1
	Vanilla:									
739	Instant	1/2 cup	130	73	150	4	4	2.2	1.1	0.2
740	Regular (cooked)	1/2 cup	130	74	145	4	4	2.3	1.0	0.1
	Sugars:									
741	Brown, pressed down	1 cup	220	2	820	0	0	0.0	0.0	0.0
	White:									
742	Granulated	1 cup	200	1	770	0	0	0.0	0.0	0.0
743		1 tbsp	12	1	45	0	0	0.0	0.0	0.0
744		1 packet	6	1	25	0	0	0.0	0.0	0.0
745	Powdered, sifted, spooned into cup	1 cup	100	1	385	0	0	0.0	0.0	0.0
	Syrups:									
	Chocolate-flavored syrup or topping:									
746	Thin type	2 tbsp	38	37	85	1	Tr	0.2	0.1	0.1
747	Fudge type	2 tbsp	38	25	125	2	5	3.1	1.7	0.2
748	Molasses, cane, blackstrap	2 tbsp	40	24	85	0	0	0.0	0.0	0.0
749	Table syrup (corn and maple)	2 tbsp	42	25	122	0	0	0.0	0.0	0.0
	Vegetables and Vegetable Products									
750	Alfalfa seeds, sprouted, raw	1 cup	33	91	10	1	Tr	Tr	Tr	0.1
751	Artichokes, globe or French, cooked, drained	1 artichoke	120	87	55	3	Tr	Tr	Tr	0.1
	Asparagus, green:									
	Cooked, drained:									
	From raw:									
752	Cuts and tips	1 cup	180	92	45	5	1	0.1	Tr	0.2
753	Spears, 1/2-in diam. at base	4 spears	60	92	15	2	Tr	Tr	Tr	0.1
	From frozen:									
754	Cuts and tips	1 cup	180	91	50	5	1	0.2	Tr	0.3
755	Spears, 1/2-in diam. at base	4 spears	60	91	15	2	Tr	0.1	Tr	0.1
756	Canned, spears, 1/2-in diam. at base	4 spears	80	95	10	1	Tr	Tr	Tr	0.1
757	Bamboo shoots, canned, drained	1 cup	131	94	25	2	1	0.1	Tr	0.2

[55] For regular pack; special dietary pack contains 3 mg sodium.

Nutrients in indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	28	Tr	2	0.1	1	7	0	0	0.10	0.00	0.0	0	720
0	26	1	1	0.3	11	7	0	0	0.00	Tr	Tr	0	721
0	23	1	2	0.5	2	25	0	0	0.00	Tr	Tr	0	722
278	29	297	310	1.1	387	209	530	146	0.11	0.50	0.3	1	723
0	17	2	23	Tr	Tr	55	0	0	0.00	0.00	0.0	0	724
0	279	17	20	1.7	173	17	0	0	0.02	0.14	1.0	3	725
0	17	1	1	0.1	11	1	0	0	Tr	0.01	0.1	Tr	726
0	14	4	2	0.2	18	2	Tr	Tr	Tr	0.01	Tr	Tr	727
0	10	3	1	0.1	12	2	Tr	Tr	Tr	Tr	Tr	Tr	728
0	13	2	Tr	0.1	16	5	Tr	Tr	Tr	0.01	Tr	1	729
0	10	1	Tr	Tr	13	4	Tr	Tr	Tr	Tr	Tr	1	730
0	18	0	0	Tr	4	11	0	0	0.00	0.00	0.0	0	731
1	30	74	117	1.2	254	285	100	31	0.04	0.17	0.6	Tr	732
Tr	28	119	113	0.3	212	252	Tr	Tr	0.03	0.14	0.4	Tr	733
1	33	79	94	0.2	155	305	Tr	Tr	0.03	0.12	0.6	Tr	734
14	27	130	329	0.3	176	440	130	33	0.04	0.18	0.1	1	735
15	25	146	120	0.2	190	167	140	34	0.05	0.20	0.1	1	736
15	27	133	110	0.5	165	140	140	33	0.10	0.18	0.6	1	737
15	25	131	103	0.1	167	152	140	34	0.04	0.18	0.1	1	738
15	27	129	273	0.1	164	375	140	33	0.04	0.17	0.1	1	739
15	25	132	102	0.1	166	178	140	34	0.04	0.18	0.1	1	740
0	212	187	56	4.8	757	97	0	0	0.02	0.07	0.2	0	741
0	199	3	Tr	0.1	7	5	0	0	0.00	0.00	0.0	0	742
0	12	Tr	Tr	Tr	Tr	Tr	0	0	0.00	0.00	0.0	0	743
0	6	Tr	Tr	Tr	Tr	Tr	0	0	0.00	0.00	0.0	0	744
0	100	1	Tr	Tr	4	2	0	0	0.00	0.00	0.0	0	745
0	22	6	49	0.8	85	36	Tr	Tr	Tr	0.02	0.1	0	746
0	21	38	60	0.5	82	42	40	13	0.02	0.08	0.1	0	747
0	22	274	34	10.1	1,171	38	0	0	0.04	0.08	0.8	0	748
0	32	1	4	Tr	7	19	0	0	0.00	0.00	0.0	0	749
0	1	11	23	0.3	26	2	50	5	0.03	0.04	0.2	3	750
0	12	47	72	1.6	316	79	170	17	0.07	0.06	0.7	9	751
0	8	43	110	1.2	558	7	1,490	149	0.18	0.22	1.9	49	752
0	3	14	37	0.4	186	2	500	50	0.06	0.07	0.6	16	753
0	9	41	99	1.2	392	7	1,470	147	0.12	0.19	1.9	44	754
0	3	14	33	0.4	131	2	490	49	0.04	0.06	0.6	15	755
0	2	11	30	0.5	122	[56]278	380	38	0.04	0.07	0.7	13	756
0	4	10	33	0.4	105	9	10	1	0.03	0.03	0.2	1	757

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Vegetables and Vegetable Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Beans:									
	Lima, immature seeds, frozen, cooked, drained:									
758	Thick-seeded types (Fordhooks)	1 cup	170	74	170	10	1	0.1	Tr	0.3
759	Thin-seeded types (baby limas)	1 cup	180	72	190	12	1	0.1	Tr	0.3
	Snap:									
	Cooked, drained:									
760	From raw (cut and French style)	1 cup	125	89	45	2	Tr	0.1	Tr	0.2
761	From frozen (cut)	1 cup	135	92	35	2	Tr	Tr	Tr	0.1
762	Canned, drained solids (cut)	1 cup	135	93	25	2	Tr	Tr	Tr	0.1
	Beans, mature. See Beans, dry (items 527-535) and Black-eyed peas, dry (item 536).									
	Bean sprouts (mung):									
763	Raw	1 cup	104	90	30	3	Tr	Tr	Tr	0.1
764	Cooked, drained	1 cup	124	93	25	3	Tr	Tr	Tr	Tr
	Beets:									
	Cooked, drained:									
765	Diced or sliced	1 cup	170	91	55	2	Tr	Tr	Tr	Tr
766	Whole beets, 2-in diam.	2 beets	100	91	30	1	Tr	Tr	Tr	Tr
767	Canned, drained solids, diced or sliced	1 cup	170	91	55	2	Tr	Tr	Tr	0.1
768	Beet greens, leaves and stems, cooked, drained	1 cup	144	89	40	4	Tr	Tr	0.1	0.1
	Black-eyed peas, immature seeds, cooked and drained:									
769	From raw	1 cup	165	72	180	13	1	0.3	0.1	0.6
770	From frozen	1 cup	170	66	225	14	1	0.3	0.1	0.5
	Broccoli:									
771	Raw	1 spear	151	91	40	4	1	0.1	Tr	0.3
	Cooked, drained:									
	From raw:									
772	Spear, medium	1 spear	180	90	50	5	1	0.1	Tr	0.2
773	Spears, cut into 1/2-in pieces	1 cup	155	90	45	5	Tr	0.1	Tr	0.2
	From frozen:									
774	Piece, 4-1/2 to 5 in long	1 piece	30	91	10	1	Tr	Tr	Tr	Tr
775	Chopped	1 cup	185	91	50	6	Tr	Tr	Tr	0.1
	Brussels sprouts, cooked, drained:									
776	From raw, 7-8 sprouts, 1-1/4 to 1-1/2-in diam.	1 cup	155	87	60	4	1	0.2	0.1	0.4
777	From frozen	1 cup	155	87	65	6	1	0.1	Tr	0.3
	Cabbage, common varieties:									
778	Raw, coarsely shredded or sliced	1 cup	70	93	15	1	Tr	Tr	Tr	0.1
779	Cooked, drained	1 cup	150	94	30	1	Tr	Tr	Tr	0.2
	Cabbage, Chinese:									
780	Pak-choi, cooked, drained	1 cup	170	96	20	3	Tr	Tr	Tr	0.1
781	Pe-tsai, raw, 1-in pieces	1 cup	76	94	10	1	Tr	Tr	Tr	0.1
782	Cabbage, red, raw, coarsely shredded or sliced	1 cup	70	92	20	1	Tr	Tr	Tr	0.1
783	Cabbage, savoy, raw, coarsely shredded or sliced	1 cup	70	91	20	1	Tr	Tr	Tr	Tr

[57] For green varieties; yellow varieties contain 101 IU or 10 RE.
[58] For green varieties; yellow varieties contain 151 IU or 15 RE.
[59] For regular pack; special dietary pack contains 3 mg sodium.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	32	37	107	2.3	694	90	320	32	0.13	0.10	1.8	22	758
0	35	50	202	3.5	740	52	300	30	0.13	0.10	1.4	10	759
0	10	58	49	1.6	374	4	[57]830	[57]83	0.09	0.12	0.8	12	760
0	8	61	32	1.1	151	18	[58]710	[58]71	0.06	0.10	0.6	11	761
0	6	35	26	1.2	147	[59]339	[60]470	[60]47	0.02	0.08	0.3	6	762
0	6	14	56	0.9	155	6	20	2	0.09	0.13	0.8	14	763
0	5	15	35	0.8	125	12	20	2	0.06	0.13	1.0	14	764
0	11	19	53	1.1	530	83	20	2	0.05	0.02	0.5	9	765
0	7	11	31	0.6	312	49	10	1	0.03	0.01	0.3	6	766
0	12	26	29	3.1	252	[61]466	20	2	0.02	0.07	0.3	7	767
0	8	164	59	2.7	1,309	347	7,340	734	0.17	0.42	0.7	36	768
0	30	46	196	2.4	693	7	1,050	105	0.11	0.18	1.8	3	769
0	40	39	207	3.6	638	9	130	13	0.44	0.11	1.2	4	770
0	8	72	100	1.3	491	41	2,330	233	0.10	0.18	1.0	141	771
0	10	205	86	2.1	293	20	2,540	254	0.15	0.37	1.4	113	772
0	9	177	74	1.8	253	17	2,180	218	0.13	0.32	1.2	97	773
0	2	15	17	0.2	54	7	570	57	0.02	0.02	0.1	12	774
0	10	94	102	1.1	333	44	3,500	350	0.10	0.15	0.8	74	775
0	13	56	87	1.9	491	33	1,110	111	0.17	0.12	0.9	96	776
0	13	37	84	1.1	504	36	910	91	0.16	0.18	0.8	71	777
0	4	33	16	0.4	172	13	90	9	0.04	0.02	0.2	33	778
0	7	50	38	0.6	308	29	130	13	0.09	0.08	0.3	36	779
0	3	158	49	1.8	631	58	4,370	437	0.05	0.11	0.7	44	780
0	2	59	22	0.2	181	7	910	91	0.03	0.04	0.3	21	781
0	4	36	29	0.3	144	8	30	3	0.04	0.02	0.2	40	782
0	4	25	29	0.3	161	20	700	70	0.05	0.02	0.2	22	783

[60] For green varieties; yellow varieties contain 142 IU or 14 RE.
[61] For regular pack; special dietary pack contains 78 mg sodium.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Vegetables and Vegetable Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Carrots:									
	Raw, without crowns and tips, scraped:									
784	Whole, 7-1/2 by 1-1/8 in, or strips, 2-1/2 to 3 in long	1 carrot or 18 strips	72	88	30	1	Tr	Tr	Tr	0.1
785	Grated	1 cup	110	88	45	1	Tr	Tr	Tr	0.1
	Cooked, sliced, drained:									
786	From raw	1 cup	156	87	70	2	Tr	0.1	Tr	0.1
787	From frozen	1 cup	146	90	55	2	Tr	Tr	Tr	0.1
788	Canned, sliced, drained solids	1 cup	146	93	35	1	Tr	0.1	Tr	0.1
	Cauliflower:									
789	Raw, (flowerets)	1 cup	100	92	25	2	Tr	Tr	Tr	0.1
	Cooked, drained:									
790	From raw (flowerets)	1 cup	125	93	30	2	Tr	Tr	Tr	0.1
791	From frozen (flowerets)	1 cup	180	94	35	3	Tr	0.1	Tr	0.2
	Celery, pascal type, raw:									
792	Stalk, large outer, 8 by 1-1/2 in (at root end)	1 stalk	40	95	5	Tr	Tr	Tr	Tr	Tr
793	Pieces, diced	1 cup	120	95	20	1	Tr	Tr	Tr	0.1
	Collards, cooked, drained:									
794	From raw (leaves without stems)	1 cup	190	96	25	2	Tr	0.1	Tr	0.2
795	From frozen (chopped)	1 cup	170	88	60	5	1	0.1	0.1	0.4
	Corn, sweet:									
	Cooked, drained:									
796	From raw, ear 5 by 1-3/4 in	1 ear	77	70	85	3	1	0.2	0.3	0.5
	From frozen:									
797	Ear, trimmed to about 3-1/2 in long	1 ear	63	73	60	2	Tr	0.1	0.1	0.2
798	Kernels	1 cup	165	76	135	5	Tr	Tr	Tr	0.1
	Canned:									
799	Cream style	1 cup	256	79	185	4	1	0.2	0.3	0.5
800	Whole kernel, vacuum pack	1 cup	210	77	165	5	1	0.2	0.3	0.5
	Cowpeas. See Black-eyed peas, immature (items 769,770), mature (item 536).									
801	Cucumber, with peel, slices, 1/8 in thick (large, 2-1/8-in diam.; small, 1-3/4-in diam.)	6 large or 8 small slices	28	96	5	Tr	Tr	Tr	Tr	Tr
802	Dandelion greens, cooked, drained	1 cup	105	90	35	2	1	0.1	Tr	0.3
803	Eggplant, cooked, steamed	1 cup	96	92	25	1	Tr	Tr	Tr	0.1
804	Endive, curly (including escarole), raw, small pieces	1 cup	50	94	10	1	Tr	Tr	Tr	Tr
805	Jerusalem-artichoke, raw, sliced	1 cup	150	78	115	3	Tr	0.0	Tr	Tr
	Kale, cooked, drained:									
806	From raw, chopped	1 cup	130	91	40	2	1	0.1	Tr	0.3
807	From frozen, chopped	1 cup	130	91	40	4	1	0.1	Tr	0.3
808	Kohlrabi, thickened bulb-like stems, cooked, drained, diced	1 cup	165	90	50	3	Tr	Tr	Tr	0.1
	Lettuce, raw:									
	Butterhead, as Boston types:									
809	Head, 5-in diam	1 head	163	96	20	2	Tr	Tr	Tr	0.2
810	Leaves	1 outer or 2 inner leaves	15	96	Tr	Tr	Tr	Tr	Tr	Tr
	Crisphead, as iceberg:									
811	Head, 6-in diam	1 head	539	96	70	5	1	0.1	Tr	0.5
812	Wedge, 1/4 of head	1 wedge	135	96	20	1	Tr	Tr	Tr	0.1
813	Pieces, chopped or shredded	1 cup	55	96	5	1	Tr	Tr	Tr	0.1
814	Looseleaf (bunching varieties including romaine or cos), chopped or shredded pieces	1 cup	56	94	10	1	Tr	Tr	Tr	0.1

[62] For regular pack; special dietary pack contains 61 mg sodium.
[63] For yellow varieties; white varieties contain only a trace of vitamin A.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	7	19	32	0.4	233	25	20,250	2,025	0.07	0.04	0.7	7	784
0	11	30	48	0.6	355	39	30,940	3,094	0.11	0.06	1.0	10	785
0	16	48	47	1.0	354	103	38,300	3,830	0.05	0.09	0.8	4	786
0	12	41	38	0.7	231	86	25,850	2,585	0.04	0.05	0.6	4	787
0	8	37	35	0.9	261	[62]352	20,110	2,011	0.03	0.04	0.8	4	788
0	5	29	46	0.6	355	15	20	2	0.08	0.06	0.6	72	789
0	6	34	44	0.5	404	8	20	2	0.08	0.07	0.7	69	790
0	7	31	43	0.7	250	32	40	4	0.07	0.10	0.6	56	791
0	1	14	10	0.2	114	35	50	5	0.01	0.01	0.1	3	792
0	4	43	31	0.6	341	106	150	15	0.04	0.04	0.4	8	793
0	5	148	19	0.8	177	36	4,220	422	0.03	0.08	0.4	19	794
0	12	357	46	1.9	427	85	10,170	1,017	0.08	0.20	1.1	45	795
0	19	2	79	0.5	192	13	[63]170	[63]17	0.17	0.06	1.2	5	796
0	14	2	47	0.4	158	3	[63]130	[63]13	0.11	0.04	1.0	3	797
0	34	3	78	0.5	229	8	[63]410	[63]41	0.11	0.12	2.1	4	798
0	46	8	131	1.0	343	[64]730	[63]250	[63]25	0.06	0.14	2.5	12	799
0	41	11	134	0.9	391	[65]671	[63]510	[63]51	0.09	0.15	2.5	17	800
0	1	4	5	0.1	42	1	10	1	0.01	0.01	0.1	1	801
0	7	147	44	1.9	244	46	12,290	1,229	0.14	0.18	0.5	19	802
0	6	6	21	0.3	238	3	60	6	0.07	0.02	0.6	1	803
0	2	26	14	0.4	157	11	1,030	103	0.04	0.04	0.2	3	804
0	26	21	117	5.1	644	6	30	3	0.30	0.09	2.0	6	805
0	7	94	36	1.2	296	30	9,620	962	0.07	0.09	0.7	53	806
0	7	179	36	1.2	417	20	8,260	826	0.06	0.15	0.9	33	807
0	11	41	74	0.7	561	35	60	6	0.07	0.03	0.6	89	808
0	4	52	38	0.5	419	8	1,580	158	0.10	0.10	0.5	13	809
0	Tr	5	3	Tr	39	1	150	15	0.01	0.01	Tr	1	810
0	11	102	108	2.7	852	49	1,780	178	0.25	0.16	1.0	21	811
0	3	26	27	0.7	213	12	450	45	0.06	0.04	0.3	5	812
0	1	10	11	0.3	87	5	180	18	0.03	0.02	0.1	2	813
0	2	38	14	0.8	148	5	1,060	106	0.03	0.04	0.2	10	814

[64]For regular pack; special dietary pack contains 8 mg sodium.
[65]For regular pack; special dietary pack contains 6 mg sodium.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Vegetables and Vegetable Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Mushrooms:									
815	Raw, sliced or chopped	1 cup	70	92	20	1	Tr	Tr	Tr	0.1
816	Cooked, drained	1 cup	156	91	40	3	1	0.1	Tr	0.3
817	Canned, drained solids	1 cup	156	91	35	3	Tr	0.1	Tr	0.2
818	Mustard greens, without stems and midribs, cooked, drained	1 cup	140	94	20	3	Tr	Tr	0.2	0.1
819	Okra pods, 3 by 5/8 in, cooked	8 pods	85	90	25	2	Tr	Tr	Tr	Tr
	Onions:									
	Raw:									
820	Chopped	1 cup	160	91	55	2	Tr	0.1	0.1	0.2
821	Sliced	1 cup	115	91	40	1	Tr	0.1	Tr	0.1
822	Cooked (whole or sliced), drained	1 cup	210	92	60	2	Tr	0.1	Tr	0.1
823	Onions, spring, raw, bulb (3/8-in diam.) and white portion of top	6 onions	30	92	10	1	Tr	Tr	Tr	Tr
824	Onion rings, breaded, par-fried, frozen, prepared	4 rings	20	29	80	1	5	1.7	2.2	1.0
	Parsley:									
825	Raw	10 sprigs	10	88	5	Tr	Tr	Tr	Tr	Tr
826	Freeze-dried	1 tbsp	0.4	2	Tr	Tr	Tr	Tr	Tr	Tr
827	Parsnips, cooked (diced or 2 in lengths), drained	1 cup	156	78	125	2	Tr	0.1	0.2	0.1
828	Peas, edible pod, cooked, drained	1 cup	160	89	65	5	Tr	0.1	Tr	0.2
	Peas, green:									
829	Canned, drained solids	1 cup	170	82	115	8	1	0.1	0.1	0.3
830	Frozen, cooked, drained	1 cup	160	80	125	8	Tr	0.1	Tr	0.2
	Peppers:									
831	Hot chili, raw	1 pepper	45	88	20	1	Tr	Tr	Tr	Tr
	Sweet (about 5 per lb, whole), stem and seeds removed:									
832	Raw	1 pepper	74	93	20	1	Tr	Tr	Tr	0.2
833	Cooked, drained	1 pepper	73	95	15	Tr	Tr	Tr	Tr	0.1
	Potatoes, cooked:									
	Baked (about 2 per lb, raw):									
834	With skin	1 potato	202	71	220	5	Tr	0.1	Tr	0.1
835	Flesh only	1 potato	156	75	145	3	Tr	Tr	Tr	0.1
	Boiled (about 3 per lb, raw):									
836	Peeled after boiling	1 potato	136	77	120	3	Tr	Tr	Tr	0.1
837	Peeled before boiling	1 potato	135	77	115	2	Tr	Tr	Tr	0.1
	French fried, strip, 2 to 3-1/2 in long, frozen:									
838	Oven heated	10 strips	50	53	110	2	4	2.1	1.8	0.3
839	Fried in vegetable oil	10 strips	50	38	160	2	8	2.5	1.6	3.8
	Potato products, prepared:									
	Au gratin:									
840	From dry mix	1 cup	245	79	230	6	10	6.3	2.9	0.3
841	From home recipe	1 cup	245	74	325	12	19	11.6	5.3	0.7
842	Hashed brown, from frozen	1 cup	156	56	340	5	18	7.0	8.0	2.1
	Mashed:									
	From home recipe:									
843	Milk added	1 cup	210	78	160	4	1	0.7	0.3	0.1
844	Milk and margarine added	1 cup	210	76	225	4	9	2.2	3.7	2.5
845	From dehydrated flakes (without milk), water, milk, butter, and salt added	1 cup	210	76	235	4	12	7.2	3.3	0.5
846	Potato salad, made with mayonnaise	1 cup	250	76	360	7	21	3.6	6.2	9.3
	Scalloped:									
847	From dry mix	1 cup	245	79	230	5	11	6.5	3.0	0.5
848	From home recipe	1 cup	245	81	210	7	9	5.5	2.5	0.4

[66] For regular pack; special dietary pack contains 3 mg sodium.
[67] For red peppers; green peppers contain 350 IU or 35 RE.
[68] For green peppers; red peppers contain 4,220 IU or 422 RE.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value		Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
							(IU)	(RE)					
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	3	4	73	0.9	259	3	0	0	0.07	0.31	2.9	2	815
0	8	9	136	2.7	555	3	0	0	0.11	0.47	7.0	6	816
0	8	17	103	1.2	201	663	0	0	0.13	0.03	2.5	0	817
0	3	104	57	1.0	283	22	4,240	424	0.06	0.09	0.6	35	818
0	6	54	48	0.4	274	4	490	49	0.11	0.05	0.7	14	819
0	12	40	46	0.6	248	3	0	0	0.10	0.02	0.2	13	820
0	8	29	33	0.4	178	2	0	0	0.07	0.01	0.1	10	821
0	13	57	48	0.4	319	17	0	0	0.09	0.02	0.2	12	822
0	2	18	10	0.6	77	1	1,500	150	0.02	0.04	0.1	14	823
0	8	6	16	0.3	26	75	50	5	0.06	0.03	0.7	Tr	824
0	1	13	4	0.6	54	4	520	52	0.01	0.01	0.1	9	825
0	Tr	1	2	0.2	25	2	250	25	Tr	0.01	Tr	1	826
0	30	58	108	0.9	573	16	0	0	0.13	0.08	1.1	20	827
0	11	67	88	3.2	384	6	210	21	0.20	0.12	0.9	77	828
0	21	34	114	1.6	294	[66]372	1,310	131	0.21	0.13	1.2	16	829
0	23	38	144	2.5	269	139	1,070	107	0.45	0.16	2.4	16	830
0	4	8	21	0.5	153	3	[67]4,840	[67]484	0.04	0.04	0.4	109	831
0	4	4	16	0.9	144	2	[68]390	[68]39	0.06	0.04	0.4	[69]95	832
0	3	3	11	0.6	94	1	[70]280	[70]28	0.04	0.03	0.3	[71]81	833
0	51	20	115	2.7	844	16	0	0	0.22	0.07	3.3	26	834
0	34	8	78	0.5	610	8	0	0	0.16	0.03	2.2	20	835
0	27	7	60	0.4	515	5	0	0	0.14	0.03	2.0	18	836
0	27	11	54	0.4	443	7	0	0	0.13	0.03	1.8	10	837
0	17	5	43	0.7	229	16	0	0	0.06	0.02	1.2	5	838
0	20	10	47	0.4	366	108	0	0	0.09	0.01	1.6	5	839
12	31	203	233	0.8	537	1,076	520	76	0.05	0.20	2.3	8	840
56	28	292	277	1.6	970	1,061	650	93	0.16	0.28	2.4	24	841
0	44	23	112	2.4	680	53	0	0	0.17	0.03	3.8	10	842
4	37	55	101	0.6	628	636	40	12	0.18	0.08	2.3	14	843
4	35	55	97	0.5	607	620	360	42	0.18	0.08	2.3	13	844
29	32	103	118	0.5	489	697	380	44	0.23	0.11	1.4	20	845
170	28	48	130	1.6	635	1,323	520	83	0.19	0.15	2.2	25	846
27	31	88	137	0.9	497	835	360	51	0.05	0.14	2.5	8	847
29	26	140	154	1.4	926	821	330	47	0.17	0.23	2.6	26	848

[69]For green peppers; red peppers contain 141 mg ascorbic acid.
[70]For green peppers; red peppers contain 2,740 IU or 274 RE.
[71]For green peppers; red peppers contain 121 mg ascorbic acid.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Vegetables and Vegetable Products—Con.		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
849	Potato chips	10 chips	20	3	105	1	7	1.8	1.2	3.6
	Pumpkin:									
850	Cooked from raw, mashed	1 cup	245	94	50	2	Tr	0.1	Tr	Tr
851	Canned	1 cup	245	90	85	3	1	0.4	0.1	Tr
852	Radishes, raw, stem ends, rootlets cut off	4 radishes	18	95	5	Tr	Tr	Tr	Tr	Tr
853	Sauerkraut, canned, solids and liquid	1 cup	236	93	45	2	Tr	0.1	Tr	0.1
	Seaweed:									
854	Kelp, raw	1 oz	28	82	10	Tr	Tr	0.1	Tr	Tr
855	Spirulina, dried	1 oz	28	5	80	16	2	0.8	0.2	0.6
	Southern peas. See Black-eyed peas, immature (items 769,770), mature (item 536).									
	Spinach:									
856	Raw, chopped	1 cup	55	92	10	2	Tr	Tr	Tr	0.1
	Cooked, drained:									
857	From raw	1 cup	180	91	40	5	Tr	0.1	Tr	0.2
858	From frozen (leaf)	1 cup	190	90	55	6	Tr	0.1	Tr	0.2
859	Canned, drained solids	1 cup	214	92	50	6	1	0.2	Tr	0.4
860	Spinach souffle	1 cup	136	74	220	11	18	7.1	6.8	3.1
	Squash, cooked:									
861	Summer (all varieties), sliced, drained	1 cup	180	94	35	2	1	0.1	Tr	0.2
862	Winter (all varieties), baked, cubes	1 cup	205	89	80	2	1	0.3	0.1	0.5
	Sunchoke. See Jerusalem-artichoke (item 805).									
	Sweetpotatoes:									
	Cooked (raw, 5 by 2 in; about 2-1/2 per lb):									
863	Baked in skin, peeled	1 potato	114	73	115	2	Tr	Tr	Tr	0.1
864	Boiled, without skin	1 potato	151	73	160	2	Tr	0.1	Tr	0.2
865	Candied, 2-1/2 by 2-in piece	1 piece	105	67	145	1	3	1.4	0.7	0.2
	Canned:									
866	Solid pack (mashed)	1 cup	255	74	260	5	1	0.1	Tr	0.2
867	Vacuum pack, piece 2-3/4 by 1 in	1 piece	40	76	35	1	Tr	Tr	Tr	Tr
	Tomatoes:									
868	Raw, 2-3/5-in diam. (3 per 12 oz pkg.)	1 tomato	123	94	25	1	Tr	Tr	Tr	0.1
869	Canned, solids and liquid	1 cup	240	94	50	2	1	0.1	0.1	0.2
870	Tomato juice, canned	1 cup	244	94	40	2	Tr	Tr	Tr	0.1
	Tomato products, canned:									
871	Paste	1 cup	262	74	220	10	2	0.3	0.4	0.9
872	Puree	1 cup	250	87	105	4	Tr	Tr	Tr	0.1
873	Sauce	1 cup	245	89	75	3	Tr	0.1	0.1	0.2
874	Turnips, cooked, diced	1 cup	156	94	30	1	Tr	Tr	Tr	0.1
	Turnip greens, cooked, drained:									
875	From raw (leaves and stems)	1 cup	144	93	30	2	Tr	0.1	Tr	0.1
876	From frozen (chopped)	1 cup	164	90	50	5	1	0.2	Tr	0.3
877	Vegetable juice cocktail, canned	1 cup	242	94	45	2	Tr	Tr	Tr	0.1
	Vegetables, mixed:									
878	Canned, drained solids	1 cup	163	87	75	4	Tr	0.1	Tr	0.2
879	Frozen, cooked, drained	1 cup	182	83	105	5	Tr	0.1	Tr	0.1
880	Waterchestnuts, canned	1 cup	140	86	70	1	Tr	Tr	Tr	Tr

[1] Value not determined.
[72] With added salt; if none is added, sodium content is 58 mg.
[73] For regular pack; special dietary pack contains 31 mg sodium.
[74] With added salt; if none is added, sodium content is 24 mg.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	10	5	31	0.2	260	94	0	0	0.03	Tr	0.8	8	849
0	12	37	74	1.4	564	2	2,650	265	0.08	0.19	1.0	12	850
0	20	64	86	3.4	505	12	54,040	5,404	0.06	0.13	0.9	10	851
0	1	4	3	0.1	42	4	Tr	Tr	Tr	0.01	0.1	4	852
0	10	71	47	3.5	401	1,560	40	4	0.05	0.05	0.3	35	853
0	3	48	12	0.8	25	66	30	3	0.01	0.04	0.1	([1])	854
0	7	34	33	8.1	386	297	160	16	0.67	1.04	3.6	3	855
0	2	54	27	1.5	307	43	3,690	369	0.04	0.10	0.4	15	856
0	7	245	101	6.4	839	126	14,740	1,474	0.17	0.42	0.9	18	857
0	10	277	91	2.9	556	163	14,790	1,479	0.11	0.32	0.8	23	858
0	7	272	94	4.9	740	[72]683	18,780	1,878	0.03	0.30	0.8	31	859
184	3	230	231	1.3	201	763	3,460	675	0.09	0.30	0.5	3	860
0	8	49	70	0.6	346	2	520	52	0.08	0.07	0.9	10	861
0	18	29	41	0.7	896	2	7,290	729	0.17	0.05	1.4	20	862
0	28	32	63	0.5	397	11	24,880	2,488	0.08	0.14	0.7	28	863
0	37	32	41	0.8	278	20	25,750	2,575	0.08	0.21	1.0	26	864
8	29	27	27	1.2	198	74	4,400	440	0.02	0.04	0.4	7	865
0	59	77	133	3.4	536	191	38,570	3,857	0.07	0.23	2.4	13	866
0	8	9	20	0.4	125	21	3,190	319	0.01	0.02	0.3	11	867
0	5	9	28	0.6	255	10	1,390	139	0.07	0.06	0.7	22	868
0	10	62	46	1.5	530	[73]391	1,450	145	0.11	0.07	1.8	36	869
0	10	22	46	1.4	537	[74]881	1,360	136	0.11	0.08	1.6	45	870
0	49	92	207	7.8	2,442	[75]170	6,470	647	0.41	0.50	8.4	111	871
0	25	38	100	2.3	1,050	[76]50	3,400	340	0.18	0.14	4.3	88	872
0	18	34	78	1.9	909	[77]1,482	2,400	240	0.16	0.14	2.8	32	873
0	8	34	30	0.3	211	78	0	0	0.04	0.04	0.5	18	874
0	6	197	42	1.2	292	42	7,920	792	0.06	0.10	0.6	39	875
0	8	249	56	3.2	367	25	13,080	1,308	0.09	0.12	0.8	36	876
0	11	27	41	1.0	467	883	2,830	283	0.10	0.07	1.8	67	877
0	15	44	68	1.7	474	243	18,990	1,899	0.08	0.08	0.9	8	878
0	24	46	93	1.5	308	64	7,780	778	0.13	0.22	1.5	6	879
0	17	6	27	1.2	165	11	10	1	0.02	0.03	0.5	2	880

[75] With no added salt; if salt is added, sodium content is 2,070 mg.
[76] With no added salt; if salt is added, sodium content is 998 mg.
[77] With salt added.

Table 2. Nutritive Value of the Edible Part of Food (Continued)

(Tr indicates nutrient present in trace amount.)

Item No.	Foods, approximate measures, units, and weight (weight of edible portion only)			Water	Food energy	Protein	Fat	Fatty acids		
								Saturated	Monounsaturated	Polyunsaturated
	Miscellaneous Items		Grams	Percent	Calories	Grams	Grams	Grams	Grams	Grams
	Baking powders for home use:									
	Sodium aluminum sulfate:									
881	With monocalcium phosphate monohydrate	1 tsp	3	2	5	Tr	0	0.0	0.0	0.0
882	With monocalcium phosphate monohydrate, calcium sulfate	1 tsp	2.9	1	5	Tr	0	0.0	0.0	0.0
883	Straight phosphate	1 tsp	3.8	2	5	Tr	0	0.0	0.0	0.0
884	Low sodium	1 tsp	4.3	1	5	Tr	0	0.0	0.0	0.0
885	Catsup	1 cup	273	69	290	5	1	0.2	0.2	0.4
886		1 tbsp	15	69	15	Tr	Tr	Tr	Tr	Tr
887	Celery seed	1 tsp	2	6	10	Tr	1	Tr	0.3	0.1
888	Chili powder	1 tsp	2.6	8	10	Tr	Tr	0.1	0.1	0.2
	Chocolate:									
889	Bitter or baking	1 oz	28	2	145	3	15	9.0	4.9	0.5
	Semisweet, see Candy, (item 715).									
890	Cinnamon	1 tsp	2.3	10	5	Tr	Tr	Tr	Tr	Tr
891	Curry powder	1 tsp	2	10	5	Tr	Tr	([1])	([1])	([1])
892	Garlic powder	1 tsp	2.8	6	10	Tr	Tr	Tr	Tr	Tr
893	Gelatin, dry	1 envelope	7	13	25	6	Tr	Tr	Tr	Tr
894	Mustard, prepared, yellow	1 tsp or individual packet	5	80	5	Tr	Tr	Tr	0.2	Tr
	Olives, canned:									
895	Green	4 medium or 3 extra large	13	78	15	Tr	2	0.2	1.2	0.1
896	Ripe, Mission, pitted	3 small or 2 large	9	73	15	Tr	2	0.3	1.3	0.2
897	Onion powder	1 tsp	2.1	5	5	Tr	Tr	Tr	Tr	Tr
898	Oregano	1 tsp	1.5	7	5	Tr	Tr	Tr	Tr	0.1
899	Paprika	1 tsp	2.1	10	5	Tr	Tr	Tr	Tr	0.2
900	Pepper, black	1 tsp	2.1	11	5	Tr	Tr	Tr	Tr	Tr
	Pickles, cucumber:									
901	Dill, medium, whole, 3-3/4 in long, 1-1/4-in diam.	1 pickle	65	93	5	Tr	Tr	Tr	Tr	0.1
902	Fresh-pack, slices 1-1/2-in diam., 1/4 in thick	2 slices	15	79	10	Tr	Tr	Tr	Tr	Tr
903	Sweet, gherkin, small, whole, about 2-1/2 in long, 3/4-in diam.	1 pickle	15	61	20	Tr	Tr	Tr	Tr	Tr
	Popcorn. See Grain Products, (items 497-499).									
904	Relish, finely chopped, sweet	1 tbsp	15	63	20	Tr	Tr	Tr	Tr	Tr
905	Salt	1 tsp	5.5	0	0	0	0	0.0	0.0	0.0
906	Vinegar, cider	1 tbsp	15	94	Tr	Tr	0	0.0	0.0	0.0
	Yeast:									
907	Baker's, dry, active	1 pkg	7	5	20	3	Tr	Tr	0.1	Tr
908	Brewer's, dry	1 tbsp	8	5	25	3	Tr	Tr	Tr	0.0

[1]Value not determined.

Nutrients in Indicated Quantity													
Cholesterol	Carbohydrate	Calcium	Phosphorus	Iron	Potassium	Sodium	Vitamin A value (IU)	Vitamin A value (RE)	Thiamin	Riboflavin	Niacin	Ascorbic acid	Item No.
Milligrams	Grams	Milligrams	Milligrams	Milligrams	Milligrams	Milligrams	International units	Retinol equivalents	Milligrams	Milligrams	Milligrams	Milligrams	
0	1	58	87	0.0	5	329	0	0	0.00	0.00	0.0	0	881
0	1	183	45	0.0	4	290	0	0	0.00	0.00	0.0	0	882
0	1	239	359	0.0	6	312	0	0	0.00	0.00	0.0	0	883
0	1	207	314	0.0	891	Tr	0	0	0.00	0.00	0.0	0	884
0	69	60	137	2.2	991	2,845	3,820	382	0.25	0.19	4.4	41	885
0	4	3	8	0.1	54	156	210	21	0.01	0.01	0.2	2	886
0	1	35	11	0.9	28	3	Tr	Tr	0.01	0.01	0.1	Tr	887
0	1	7	8	0.4	50	26	910	91	0.01	0.02	0.2	2	888
0	8	22	109	1.9	235	1	10	1	0.01	0.07	0.4	0	889
0	2	28	1	0.9	12	1	10	1	Tr	Tr	Tr	1	890
0	1	10	7	0.6	31	1	20	2	0.01	0.01	0.1	Tr	891
0	2	2	12	0.1	31	1	0	0	0.01	Tr	Tr	Tr	892
0	0	1	0	0.0	2	6	0	0	0.00	0.00	0.0	0	893
0	Tr	4	4	0.1	7	63	0	0	Tr	0.01	Tr	Tr	894
0	Tr	8	2	0.2	7	312	40	4	Tr	Tr	Tr	0	895
0	Tr	10	2	0.2	2	68	10	1	Tr	Tr	Tr	0	896
0	2	8	7	0.1	20	1	Tr	Tr	0.01	Tr	Tr	Tr	897
0	1	24	3	0.7	25	Tr	100	10	0.01	Tr	0.1	1	898
0	1	4	7	0.5	49	1	1,270	127	0.01	0.04	0.3	1	899
0	1	9	4	0.6	26	1	Tr	Tr	Tr	0.01	Tr	0	900
0	1	17	14	0.7	130	928	70	7	Tr	0.01	Tr	4	901
0	3	5	4	0.3	30	101	20	2	Tr	Tr	Tr	1	902
0	5	2	2	0.2	30	107	10	1	Tr	Tr	Tr	1	903
0	5	3	2	0.1	30	107	20	2	Tr	Tr	0.0	1	904
0	0	14	3	Tr	Tr	2,132	0	0	0.00	0.00	0.0	0	905
0	1	1	1	0.1	15	Tr	0	0	0.00	0.00	0.0	0	906
0	3	3	90	1.1	140	4	Tr	Tr	0.16	0.38	2.6	Tr	907
0	3	[78]17	140	1.4	152	10	Tr	Tr	1.25	0.34	3.0	Tr	908

[78]Value may vary from 6 to 60 mg.

Table 3.—Yield of Cooked Meat per Pound of Raw Meat as Purchased

Retail cut and method of cooking	Yield after cooking (less drippings)	
	Parts weighed	Weight
		Ounces
Chops or steaks for broiling or frying:		
With bone and relatively large amount of fat, such as pork or lamb chops; beef rib, sirloin, or porterhouse steaks.	Lean, bone, and fat	10-12
	Lean and fat	7-10
	Lean only	5-7
Without bone and with very little fat, such as round of beef, veal steaks.	Lean and fat	12-13
	Lean only	9-12
Ground meat for broiling or frying, such as beef, lamb, or pork patties.	Patties	9-13
Roast for oven cooking (no liquid added):		
With bone and relatively large amount of fat, such as beef rib, loin, chuck; lamb shoulder, leg; pork, fresh or cured.	Lean, bone, and fat	10-12
	Lean and fat	8-10
	Lean only	6-9
Without bone.	Lean and fat	10-12
	Lean only	7-10
Cuts for pot roasting, simmering, braising, stewing:		
With bone and relatively large amount of fat, such as beef chuck, pork shoulder.	Lean, bone, and fat	10-11
	Lean and fat	8-9
	Lean only	6-8
Without bone and with relatively small amount of fat, such as trimmed beef, veal.	Lean with adhering fat	9-11

Table 4.—Recommended Daily Dietary Allowances (RDA)[1]

(Designed for the maintenance of good nutrition of practically all healthy persons in the United States.)

Sex-age category	Persons: Age (Years) From	To	Weight: Kilograms	Weight: Pounds	Height: Centimeters	Height: Inches	Food energy: Calories	Protein: Grams	Minerals: Calcium (Milligrams)	Minerals: Phosphorus (Milligrams)	Minerals: Iron (Milligrams)	Vitamin A: Retinol equivalents[2]	Vitamin A: International units[3]	Thiamin (Milligrams)	Riboflavin (Milligrams)	Niacin (Milligrams)	Ascorbic acid (Milligrams)
Infants	0	0.5	6	13	60	24	kg × 115 lb × 52.3	kg × 2.2 lb × 1.0	360	240	10	420	1,400	0.3	0.4	6	35
	0.5	1	9	20	71	28	kg × 105 lb × 47.7	kg × 2.0 lb × 0.9	540	360	15	400	2,000	5	6	8	35
Children	1	3	13	29	90	35	1,300	23	800	800	15	400	2,000	7	8	9	45
	4	6	20	44	112	44	1,700	30	800	800	10	500	2,500	9	1.0	11	45
	7	10	28	62	132	52	2,400	34	800	800	10	700	3,300	1.2	1.4	16	45
Males	11	14	45	99	157	62	2,700	45	1,200	1,200	18	1,000	5,000	1.4	1.6	18	50
	15	18	66	145	176	69	2,800	56	1,200	1,200	18	1,000	5,000	1.4	1.7	18	60
	19	22	70	154	177	70	2,900	56	800	800	10	1,000	5,000	1.5	1.7	19	60
	23	50	70	154	178	70	2,700	56	800	800	10	1,000	5,000	1.4	1.6	18	60
	51+		70	154	178	70	[4]2,400	56	800	800	10	1,000	5,000	1.2	1.4	16	60
Females	11	14	46	101	157	62	2,200	46	1,200	1,200	18	800	4,000	1.1	1.3	15	50
	15	18	55	120	163	64	2,100	46	1,200	1,200	18	800	4,000	1.1	1.3	14	60
	19	22	55	120	163	64	2,100	44	800	800	18	800	4,000	1.1	1.3	14	60
	23	50	55	120	163	64	2,000	44	800	800	18	800	4,000	1.0	1.2	13	60
	51+		55	120	163	64	[4]1,800	44	800	800	10	800	4,000	1.0	1.2	13	60
Pregnant							+300	+30	+400	+400	[5]18+	+200	+1,000	+4	+3	+2	+20
Lactating							+500	+20	+400	+400	18	+400	+2,000	+5	+5	+5	+40

1. Source: Adapted from Recommended Dietary Allowances, 9th ed., 1980, 185 pp. Washington DC: National Academy of Sciences, National Research Council. Also available in libraries. This publication tabulates the RDA for selected nutrients, discusses the basis for all RDA, and reviews current knowledge of the dietary needs for other nutrients.

2. 1 retinol equivalent = 1 μg retinol or 6 μg beta-carotene.

3. 1 international unit = 0.3 μg retinol or 0.6 μg beta-carotene.

4. After age 75 years, energy requirement is 2,050 calories for males and 1,600 calories for females.

5. The increased requirement cannot be met by ordinary diets; therefore the use of supplemental iron is recommended.

NOTE—The Recommended Daily Dietary Allowances (RDA) should not be confused with the U.S. Recommended Daily Allowances (U.S. RDA). The RDA are amounts of nutrients recommended by the Food and Nutrition Board of the National Research Council and are considered adequate for maintenance of good nutrition in healthy persons in the United States. The allowances are revised from time to time in accordance with newer knowledge of nutritional needs.

The U.S. RDA are the amounts of protein, vitamins, and minerals established by the Food and Drug Administration as standards for nutrition labeling. These allowances were derived from the RDA set by the Food and Nutrition Board. The U.S. RDA for most nutrients approximates the highest RDA of the sex-age categories in this table, excluding the allowances for pregnant and lactating females. Therefore, a diet that furnishes the U.S. RDA for a nutrient will furnish the RDA for most people and more than the RDA for many. U.S. RDA are protein, 45 grams (eggs, fish, meat, milk, poultry); 65 grams (other foods); vitamin A, 5,000 International Units; thiamin, 1.5 milligrams; riboflavin, 1.7 milligrams; niacin, 20 milligrams; ascorbic acid, 60 milligrams; calcium, 1 gram; phosphorus, 1 gram; iron, 18 milligrams. For additional information on U.S. RDA, see the "Federal Register," vol. 38, no. 49 (March 14, 1973), pp. 6959-6960, and Agriculture Information Bulletin 382, "Nutrition Labeling—Tools for Its Use."

Table 5—Food Sources of Additional Nutrients

Vitamins

Vitamin B_6	Vitamin B_{12} (present in foods of animal origin only)	Vitamin D
Bananas	Cheese	Egg yolk
Fish (most)	Fish	Liver
Liver and kidney	Liver and kidney	Saltwater fish
Meat	Meat	Vitamin D milk
Poultry	Milk	
Potatoes and sweetpotatoes	Shellfish	
Whole-grain cereals	Whole egg and egg yolk	
Yeast		

Vitamin E	Folacin
Margarine	Dark-green vegetables
Nuts	Dry beans and peas
Peanuts and peanut butter	Liver
Vegetable oils	Wheat germ
Whole-grain cereals	Yeast

Minerals

Iodine	Magnesium	Zinc
Iodized salt	Bananas	Cocoa
Seafood	Cocoa	Dry beans and peas
	Dark-green vegetables (most)	Meat
	Dry beans and peas	Poultry
	Milk	Shellfish
	Nuts	Whole-grain cereals
	Whole-grain cereals	

Table 6—Amount of Fat That Provides 30 and 35 Percent of Calories at Specified Calorie Levels

Calories per day in diet	Amount of fat that provides—	
	30% of calories	35% of calories
	Grams	*Grams*
1,500	50	58
2,000	67	78
2,500	83	97
3,000	100	117

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Pe-tsai ...
Pickle relish ...
Pickles ...
Piecrust ...
Pies, baked ...
Pies, fried ...
Pineapple ...
Pineapple-grapefruit juice drink ...
Pineapple juice ...
Pine nuts ...
Pistachio nuts ...
Pita bread ...
Pizza, cheese ...
Plantains ...
Plums ...
Popcorn ...
Popsicle ...
Pork:
Cured (ham) ...
Fresh ...
Pork sausage ...
Potato chips ...
Potatoes, cooked:
Au gratin ...
Baked ...
Boiled ...
French fried ...

22
62
10
58
58
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22
40
40
24
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58
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62
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58
58
18
54
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36
36
38
24
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24
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40
28
46
24
24
38
52

44
44
44
60

58
58
58
58

Hashed brown 58
Mashed 58
Scalloped 58
Potato salad 58
Pretzels 38
Provolone cheese 10
Prune juice 24
Prunes 24
Puddings 52
Pumpernickel bread 28
Pumpkin 60
Pumpkin seed kernels 40

Q
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R
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Raisins 24
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Rum 8
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Salmon 18
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Sole 18
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Squash seed kernels 40
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T
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Tangerines 26
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Tomato:
Juice 60
Paste 60
Puree 60
Sauce 60
Soup 48, 50
Tomatoes 60

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Tuna ... 18
Tuna salad ... 18
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Turnips ... 60

V
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  Tomato ... 50
  Vegetarian ... 50
Vegetables, mixed ... 60
Vienna bread ... 26
Vienna sausages ... 44
Vinegar, cider ... 62
Vodka ... 8

W
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Walnuts:
  Black ... 42
  English or Persian ... 42
Waterchestnuts ... 60
Watermelon ... 26
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Wheat flours:
  All-purpose ... 38
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PUNCH
ORANGE
JUICE
WHOLE
GRAIN
WHEA
CER